

THE Treasurie of hidden *Secrets.*

Commonlie called,
The Good-huswiues Closet of prouision,
for the health of her Houshold.

Gathered out of sundry experiments, lately practised by men
of great knowledge: And now newly enlarged, with diuers necessary
Phisicke helpes, and knowledge of the names and naturall dispo-
sition of diseases, that most commonly happen
to men and vvomen.

Not impertinent for euery good Huswife to vse in her
house, amongst her owne familie.



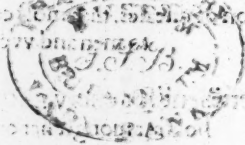
AT LONDON,
Printed by I. R. for Edward White, and are to be sold
at his shop at the little North doore of Paules, at the
signe of the Gunne. 1600.

THE Treasure of hidden Jewels.

Containing
the most valuable
and profitable
of Jewels.

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the most valuable
and profitable
of Jewels.

PRINTED BY
J. B. B. B. B.



AT THE
PRINTED BY J. B. B. B. B.
OF THE UNIVERSITY OF CHICAGO



To all Women that loue and professe the
practise of good hufwiforic, as well
vviues as Maydes.

C Vrtuous Gentlewomen, honest Matrons, and vertuous virgins, I did not long agoe print (in my opinion) a very necessary booke of Cookery, and bequeathed it vnto you, called, The good-huswifes hand-maide for the Kitchin; and perceiuing no lesse but that it was acceptable among many of you, I haue lately reprinted the same, and for that this booke, called: The good-huswifes Closet of necessarie prouision for the health of her housholde, contayning, The manner as well to make all kinde of Conserues & sirrops, and suger paste for banquetting dishes, Succade, Marmalade, and Marchpane, diuers sweet distilled waters of great vertue, fine powders for presses, and chestes, with wollen and linnen clothes and Furres, to keepe them frō motheating: and many precious Oyles of sundry operations and effects: as also necessary directions for preparation of good and wholesome Kitchin phisick, in making good medicines, wholsome drinkes, and other comfortable things, to helpe and cherish the sicke & weake in your house: hath likewise bene printed by me afore time, I thought good now to aduertise you that I haue conferred them both together, and in examining them, found some things in the one, more pertinent vnto the other: & some things in the one that was likewise in the other, and therefore needlesse that the selfe same things should be in both. I haue therefore placed each thing that before was out of order in his due and conuenient place, and doe commend both vnto your protection: the one for

The Epistle Dedicatorie.

your Kitchen, and this other a ready helpe, alwayes at hande
as a Storehouse, or Treasurie of many profitable secrets, and
vnknowne conceits to be vsed as occasion shall require. First
printed at the request of a Lady of great calling, and now
augmented with some rare conceites not before published:
Howe good soeuer they be, yours they bee: and my selfe at
your commaunde, to publish anything that may be to your
good lyking, and to amende what otherwise shall proue to
your discontentment.

R. I. Printer.

The Authour of these Secrets to this Booke.

Upon occasion that a Lady of honourable regard, hauing
seene this Booke in writing, earnestly requested, or ra-
ther commaunded to haue a copy of the same.

Of this Booke of profits and pleasure,

To my honourable Lady, without delay;

Shew her I send thee for the performance

Of her request, sith she would haue no nay:

Yea, say, her commaund of me hath obtayned

Thee: that no golde nor good could haue gained.

The Treasurie or Closet of hidden

Secrets.

To make a Marchpane. chap. 1.

Take halfe a pound of blanched Almonds, and of white Sugar a quarter of a pound, of Rose-water halfe an ounce, & of Damaske water as much: beat the Almonds with a little of the same water, and grind them till they be small: set them on a few coales of fire till they waxe thick, then beate them ageing with sugar, fine: then mixe the sweet waters and them together, and so gather them, and fashion your Marchpane: then take wafer-cakes of the broadest making, cut them square, past them together with a little liqno2, and when you haue made them as broad as wil serue your purpose, haue ready made a hope of a greene hazel wand, of 5 thicknesse of halfe an inch, on the inner side smooth, without any knags: lay this hope vpon your wafer cakes aforesaid, and then fill your hope with the geare aboue named, & same dyuen smooth aboue with the back of a silver sponc, as ye doe a Tart, and cut away all the parts of the cakes, euen close by the outside of the hop, with a sharpe knife, that it may be round: then hauing white paper vnderneath it, set it vpon a warme hearth, or vpon an instrument of yron or brasle, made for the same purpose, or into an Ouen, after the bread is taken out, so it be not stopped: it may not bake, but only be hard and thow dyled, and ye may while it is moyst stick it full of Comfets of sundry colours, in a comely order, yee must moist it ouer with Rose-water and sugar together: make it smooth, and so set it into the Ouen or other instrument, the clearer it is like a Lanterne ho2ne, so much the more commended. If it be thorough dyled, and kept in a dry & warme ayre, a Marchpane will last many yeres. It is a comfortable meate meet for weake folke, such as haue lost the taste of meates by much and long sickness. The greatest secret that is in making this cleere, is with a little fine flower of Rice, Rosewater and sugar beaten together, and layd thin ouer the Marchpane ere it goe to drying. This will make it shine like Ice, as Ladies report.

To gild a Marchpane or any other kind of Tart. chap. 2.

Take & cut your leafe of gold, as it lieth vpon the boke into square paces like dice, & with a Conies tayles end moisted a litle, take the

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gold by the one corner, lay it on the place, being first made moist, and with another taylor of a Conie dry, presse the gold down close. And if you will haue the forme of an Hart, or the name of Iesus or any other strange thing whatsoener, cut the same through a pece of paper and lay the paper vpon your Parchpane or Tarte: then make the boyde plate of the paper moist with Alewater, lay on your golde, presse it downe, take off your paper, and there remaineth behind in gold, the print cut in the sayd paper.

To bake Quinces. chap. 3.

Pare them, take out the coare, perboyle them in water till they be tender, let the water run from them till they be dry: Then put in euery coffin one Quince, in it a good quantitie of marrowe. Also take Sugar, Sinamon, and a little Ginger, and fill the coffin there with, close it, let it bake an howze, and so serue it.

To keepe Quinces vnpared all the yeere long. chap. 4.

Take ripe Quinces, and at the great end cut out a stopple: then take out the coare cleane, and stoppe the hole againe with the same stopple (but pare the not) and perboyle them a little, take them vp, & let the water draine from them, then put all the coares, and some of the smallest Quinces in little peces all to cut, into the water where in all the Quinces were perboyled, and let them sate till the liquoz be as thicke as molten size that Painters occupie, then take it from the fire and let it cole: in the meane season couch your cold Quinces in a barrel, or in an earthen pot, the great end downward (if the stopple be out, it makes no matter) and one vpon another. Then put the liquoz in, that it be an handfull ouer and aboue them: Couer them close, and after iiii. or v. dayes looke to them, and when you see the liquoz sunke downe, put in moze of the same, which you purpescelie kept to coner them, as befoze: then lay a boyde vpon them, & a stone, that they rise not, and couer the vessell close with a thick cloth folded that it take no ayze, so let them remaine. And when ye intend to occupie some of them, vncouer the vessell, and ye shall find a creame couering the whole liquoz, breake it in the middelt, turne it ouer with your hand, then take out your fruite in order, beginning in the midst first, then by the sides, so that you remoue none, if it may be, but those that they take away: and enerie time you breake the creame, turne it ouer againe into his place, for you must know, that the cream kepeth out the aire, and kepeth in the strength of the sirrop, therfore it maketh

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heth much to the conseruation of the fruite to saue it, and also to see the vessell close couered. Also, when you will bake your Quinces, washe them wel and cleane in warme water, and bake them as before is witten.

To make Vineger of Roses.

In Sommer time when Roses blow, gather them, ere they be full spread or blown out, and in dry weather, pluck the leaues, let them lie halfe a day vpon a faire board, then haue a vessell with vineger of one or two gallons, (if you will make so much Roset) put therein a great quantitie of the saide leaues, stop the vessell close after that ye haue stirred them well together: let it stand a day and a night, then diuide your Vineger and Rose-leaues together in two parts, put them in two great glasses, and put in Roseleaves enough: stop the glasses close, set them vpon a shelve vnder a wall side on the South side without your house, where the Sunne may come to them the most part of the day; let them stand there all the whole Sommer long, and then straine the vineger from the Roses, and keepe the leaues, and put in new leaues of halfe a dayes gathering, the vineger will haue the moze odour of the Rose.

You may vse in stead of vineger, Wine, that it may waye eager, and receiue the vertue of the Roses both at once.

Moreouer, you may make your vineger of wine, white, redde, or claret: but the red doth most bind the bellie, and the white doth most loose.

Also, the Damaske Rose is not so great a binder as the red Rose, and the white looseth most of all: Whereof you may make Vineger Roset.

Thus also you may make Vineger of Violets, or of Elderne flowers: but you must first gather and vse your flowers of Elderne, as shall be shewed hereafter, when wee speake of making conserue of Elderne flowers.

¶ To make paste of Sugar, whereof may be made all manner of fruites and other fine things with their forme: as platters, dishes, glasses, cuppes, and such like things, wherewith you may furnish a Table, and when you haue done, you may eate them vp. A pleasant conceite for them that sit at the Table. chap. 6.

Take:

The Closet, or Treadsurie,

Take Gum Dragant, as much as you will, and steep it in Rose water, untill it be molsted. And for some ounces of sugar, take of it the bignesse of a beane: the iuyce of Limons, & Malnut shelful, and a litle of the white of an egge: but you must first take the Gum, and beat it so much with a pestle in a morter of white marble, or of bzaile untill it become like water, then put to it the iuyce with the white of the egge, incorporated well together: This done, take foure ounces of fine white Sugar wel beaten to powder, & cast it into the morter by litle & litle, untill it be turned into the forme of paste: then take it out of the said morter, & bray it vpon the powder of sugar, as it were meale or flower, untill all be like soft paste, to the end you may turne it, & fashion it, which way you wil: when you haue brought you past to this forme, spread it abroad with Sinamon vpon great or small leaues as you shall thinke it good, and so shall you forme and make what things you wil, as is aforesayd, with such fine conceits as may serue a Table, taking heede that there stand no hete thing nigh vnto it. At the end of the banquet they may break all, & eat the platters, dishes, glasses, cups, and such like: for this paste is delicate and sa- uourous. If you will make a thing of more finenesse then this, make a Part of Almond, stamped with sugre and Rose water of like forte that Marchpanes be made of: this shall you lay between two pastes of such vessels, or fruites, or some other thing, as you thinke good.

To make Orange Comfets. chap. 7.

Take Orange pillings, lay them in faire water a day and a night, then seeth them in white wine: then take them out of the wine, and put them in an earthen pot, & put therein Sugar, Sinamon, Cloues and Pace whole; and seeth them together without any other liquor, and so it is made.

To make fine blanch powder for roasted Quinces. chap. 8.

Take fine Sugre, halfe a pounce, beaten in a hote morter to fine powder: of white ginger pared, halfe an ounce, of cholen Sinamon a quarter of an ounce, beaten ready to fine powder: mixe them well together, and if you will haue it most excellent, cast two spoonefull of Rose or Damaske water, in beating of the Sugre.

To preserve Quinces in sirrop condict, alway readie to be serued in whole or in quarters. chap. 9.

After your Quinces are coared and pared, seeth them till they be tender and soft: then lay them out till they be colde, in the meane time

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time, take of the same liqꝛ two quarts or moze, (according to the number of your Quinces which ye will keep (& put therein the cozes and some other small peeces, seeth them in the liqꝛ, to make the sirrop strong: Straine them, and put into the liqꝛ, beeing two or thre quartes, one pint of Rosewater, and for euery quart of liqꝛ one pint of Rosewater, and for euery quart of liqꝛ, one halfe pound of Sugar, seeth them again together on a soft fire of coales, till the sugar be incorporated with the liqꝛ, the put in your Quinces, let them seeth softly till you perceiue that your sirrop is as thicke as life Hony, then set them to coole, and take them out, lay them in a tray or platter till they be cold: then take one ounce of bꝛused Sinamon, and some whole cloues, put them with some of the Sinamon into the sirrop, and when it is colde, lay a larde of Quinces in your glasse (called a gesselin glasse) or in an earthen pot well glazed: the draw a litle of your Sinamon vpon your Quinces, then poure some sirrop, lay on another lard of Quinces, and againe of your spice and sirrop, and so forth, till you haue done, and couer them two fingers ouer with sirrop aboue, couer them close: and within thre or foure dayes looke to them: and when you finde the sirrop shꝛunkē down, put in moze, and so reserue them. These are to be serued in with sirrop. See that the Quinces be tenderly sodden, and the sirrop thicke and strong enough.

Plummes condict in sirrop. chap. 10.

Take halfe a pound of Sugar, halfe a pint of Rosewater, & a pint of faire raine water, or of some other distilled water, seeth the Sugar, and the two waters vpon a soft fire of coales till the one halfe be consumed: then take it from the fire, & when it leaueth boyling, put therein halfe a pound of ripe Damascins, or other plums, and set it againe on the embers, and keepe it in like heat, till the plums be soft, by the space of an houre, if need be: then put in some Cloues bꝛused, and when it is cold, keepe it in a glasse, or in an earthen Gallipot: the stronger the sirrop is with sugar, the better it will continue. Some put into the sirrop Sinamon, Saunders, Putmegs, Cloues, and a litle Ginger: seeth them not hastily, for feare of much bꝛaking.

To make Walnuts in sirrop. chap.

Take your Putts tenne dayes befoze Midsummer day, lay them in water, and change them morning & euening, til nine or ten dayes be past, then pare off as thin as ye can the vtter rinde, but the berie

The Closet, or Treasurie,

Take Gum Tragant, as much as you will, and steep it in Rose-water, untill it be swelled. And for some ounces of sugar, take of it the bignesse of a beane: the iuyce of Almonds, with halfe thatful, and a litle of the white of an egge: but you must first take the Gum, and beat it so much with a pestle in a morter of white marble, or of brasse untill it become like water, then put to it the iuyce with the white of the egge, incorporated well together: When done, take foure ounces of fine white Sugar wel beaten to powder, & cast it into the morter by litle & litle, untill it be turned into the forme of paste: then take it out of the said morter, & lay it vpon the powder of sugar, as it were meale or flower, untill all be like soft paste, to the end you may turne it, & fashion it, whiche way you wil: when you haue brought your paste to this forme, spread it abroad with Sinamon vpon great or small leaues as you shall thinke it good, and so shall you forme and make what things you wil, as is aforesayd, with such fine conceits as may serue a Table, taking heed that there stand no hete thing nigh unto it. At the end of the banquet they may break off, & eat the plaisters, dishes, glasses, cups, and such like: for this paste is delicate and savourous. If you will make a thing of more finenesse then this, make a Part of Almond, stamped with sugre and Rose-water of like force that Marchpaine be made of: this shall you lay between two pastes of such vessels, or fruites, or some other thing, as you thinke good.

To make Orenge Comfits. chap. 7.

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To make Walnuts in sirrop. chap.

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grounde of them, and seeth them in such sirrope as yee doe Oranges, and when it is sodden, ye must keepe the in a new sirrope of the same making, or els make a sirrop to seeth them in of clarified honey: take raine water, for lack of that, take other water, take three times as much water as ye doe honey, & seeth it long & softly, then as the skum both rise, take it off, & so let it seeth til it be cleane scummed, and assay it vpon your nail, if it sticke there it is thick enough, els not: there is all, and seeth your Putts therein, and put them in a sirrop of Sugar.

To make Marmalad of Quinces. chap. 12.

After that your Quinces are sodden, ready to be kept condit, as before in the chapter is written, then with some of your liquoz where in they were sodden (but without any spice) beate them, and drawe them as ye would doe a Tart: then put some over the fire, and seeth them softly, and in seething straw by little and little of powder of sugar, the weight of the Quinces, or more, as your tast shall tell you, stirre it continually, put thereto some pure Rose water, or Damaske water, let it seeth on height, till it be well standing, which thing yee may know, by taking some of it vpon a cold knife, and let it coole: if it be stiffe, then take it off, and beate it while it is warme, and set it in a warme and dry ayre: if you will gild your Marmalade, doe as aforesaid is spoken of a Marchpane.

The best making of Marmalade, is when the Quinces haue layne long, and are through ripe, and very yellow, as in Lent season.

And soasmuch as Quinces are binding, and therefore not good for some sicke folkes costiffe, it is necessary to put a good many of ripe Apples of good verdure, as Kenet, Pippin, Loyding, Russeting, Pomeriall, Rex Pomorum, or any other Apple that is pleasant raw, among them, being first drawne from a Tart, and then sodden among the other matter of Quinces. Thus shall you make your Marmalade somewhat souple, and also increase the quantitie and vertue of the same, especially if it be well dished with sweet water.

To make Marmalade of Damsons or Prunes. chap. 13.

Take Damsons which are ripe, boyle them on the fire with a little faire water, untill they be soft: then draw them through a course boulder, as ye make a Tart, set it on the fire againe, seeth it on height with sufficient sugre, as you doe your Quinces, dalse it with sweete water, &c. and beate it.

If you will make it of Prunes, doe likewise put some Apples to it

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it as you did to your Quinces. This wise you may make *Parma-
lade of Wardens, Peares, Apples & Medlars, Ceuise, Cherries,
or Strawberries*, euery one by himselfe, or else mixe it together, as
you thinke good.

To make Succade of peeles of Orengees or
Lemons. chap. 14.

First, take off your peels by quarters, and seeth them in faire wa-
ter, from thre quartes to thre pints: then take them out, and put to
as much more water, and seeth them likewise, and so doe againe, til
the water wherein they are sodden haue no bitternes at all of the
peeles, the are they ready. Now prepare a sirrop as ye do for Quin-
ces condit in the sirrop, in the ninth chap. before written, seeth them
in glasse or pot.

To make Greene Ginger. chap. 15.

Take the rases of cased Ginger of the fairest, and bse them as
followeth: Lay a broad lane of faire sand vpon a low flower on the
ground, halfe a foote thicke, then lay your rases of Ginger vpon the
sand in order, couer the Ginger with more sand, foure or fise inches
thick, spzinkle the sand ouer with faire water twice euery day, that
it may be moist, thus daily do till ye shall perceiue your rases to be
soft. Then take vp your Rases, wash them, and scrape them cleane,
haue a sirrope ready made, as aboue is saide, seeth them in it till they
be well seasoned: take them vp, and with some of the sirrop cast them
or put them into a pot of stone.

To make Manus Christi. chap. 16.

Take halfe a pound of fine white Sugar, put therto foure ounces
of Rosewater, seeth the vpon a soft fire of coales til the water be con-
sumed, & the sugar is becom hard: the put therin a quarter of an ounce
of the powder of Pearls, stir them together, put for enery spoonefull a
peece of a leafe of gold cut of purpose, cast them vpon a leafe of white
paper, boeing first annointed with swat Butter for cleauing to.

To make Aqua Composita. chap. 17.

Take 4. gallons of the best Ale, or a wine fro the yeast 24. heures
after it hath stood tunned, & put it into a close vessel. wherein you shall
put these hearbs following, and 4. ounces of Licopase scraped & cut-
ted in a mortar, & so much Annised well garbled, then stirre them to-
gether twice a day for the space of thre dayes, & let them stande 24.
houres after: then put them into the stilling pot, and (if you please)

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you may also put in the lés of *Palmeſey* or *Sacke*, or any other distilled waters, but fill not your pot too full, then set on your Limbeck, and close it fast to the pot, and keep a soft fire vnder it. These are the hearbes with their quantities.

Slope, *Time*, *Rosemarie*, *Sage*, *Parſlie*, *Bozage*, *Langdebaefe*, red *Fennell*, *Sozrell*, *Harts tonge*, *Bay-leaves*, *Woglaffe*, *Scabias*, *Parigold*, *Costmarie*, *Ribwort*, *Sentozy*, *Liuerswort*, *Fumitorye*, of each a handfull.

Sargerum gentle, *Basil*, *Mints*, *Champagne*, *Woodbine*, *Patience*, *Valerian*, *Endiue*, *Mozmewood*, *Veneroyall*, *Cammomill*, of each halfe a handfull.

To make *Aqua vitæ*. chap. 18.

Take foure gallons of strong Ale or wine lés, and put them in a bestell, & couer it well: then put to it thre or foure handfull of *Rosemarie*, *Veneroyall*, *Liuerswort*, *Harts tongue*, or any other good hearbs, and stir them together twice or thrice a day, for the space of foure dayes: then put them in a bzaſſe pot, and ſtil with a temperate fire, for els you burne your pot and lose your *Aqua vite*, which will sinke and looke red: Also, looke you keepe your water in a temper, and when it is very hote, let it out, and put in cold water againe into the upper part of the Limbeck, and so change your water as it waxeth hote.

Take a spoonefull from vnder the spout, and light it with a paper, and if it burne cleane out it is good, else not.

How to make diuers necessarie Oyles of great vertue. chap. 19.

Oleum Hipirici.

Take the tops and flowers of *S. John wort* that hath red iuyce, thre ounces, ched them small, & lay them to steape in sweet Wine, as much as needeth, thre dayes: then boyle them in a double glasse, close stoppt, & presse out the liquoz from them, which done foure times with fresh flowers, and a little more wine, if any be wasted, if not, take the wine the fourth time strained, put to it *Terebinthij* 3. ounces: of good Oyle, 6. ounces, and of *Saffron* a scruple, so let them boyle till the wine be consumed: which poured cleare out from the grounds, reserve to be used.

It is hote and dry, and binding, wherefoze it healeth the cuts and wounds of the sinewes, taketh away the paine of the hips, thighes, and bladder, and helpeth the vyne.

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Oyle of Rue.

Take blossoms and tops of Rue so many as you list, which shall beayed, put into some glazen vessell, and poure out so much sweet Oyle as will couer them, and close stoppt, let it stand in the Sun, or in some other hote place five daies: then boyle it, and being strained from the hearbs, take so many fresh hearbes, and vse it as aforesayd foure or five times, and reserue it to vse, as aforesayd.

It is hote, opening, resoluing, and mittigating paine: it heateth the raines, bladder, and Matrix, it taketh away the paines of them, and the Collick, if the belly be annointed therewith, or a glister made therewith, it is good for the sinews, helpeth the Crampe, and putteth away cold humors.

Oyle of Dill.

Take the flowers and leaues of Dill, &c. as afoze of Rue. It mitigateth paine, openeth the pores, prouoketh sweat, resoluech vapors, inpossuums, swellings and hardnes in any place, and if the backebone be annointed, it easeth the paines and growing of feuers.

Oyle of Elder-flowers in the same manner.

It soupleth, cleanseth the skin, helpeth the weaknes of the liuer, and the stopping of the same, and greatly asswageth the paine of the loyns.

Oyle of the leaues & flowers of Cammomil, as of Rue & Dill.

It is good against the pluresie, openeth the pores, resoluech vapors, correcteth the euill quality of humors, and is good for the sinewes, and abateth the paine maruellously.

Oyle of sweet Mints, as aforesayd.

It comforteth a weake stomack, staies vomit, moues appetite, helpeth concoction, and taketh away lothsomnes.

Oyle of VVormewood.

It is hote, and comforteth the parts that are too much cooled, cherisheth the stomack, prouoketh appetite, taketh away obstructions, and killeth woymes.

Oyle of Roses and of Rose buds.

It is good against inflamations, it cooleth the burning and boiling of the stomacke, and fretting of the bowels, if it be given in glister, and to annoynt the teeth, it taketh away the ache.

Of the Oyle of Violet flowers.

It is good against all inflamations and heate.

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To make Oyle of Earth-wormes.

Take of Earthwormes halfe a pounce, of good Oyle two pounce, of sweet wine two ounces: boile al together untill the wine be quite consumed, then straine it and keepe it.

This Oyle is good for the sinewes that are colde, and helpeth the paine in the ioynts.

Oleum benedictum.

Take of Oyle two pounce, Storax Calamit, Labdanum, Olibanum, Saffron, Gum Arabick, Spadder, gum of the Iute tree, Aloes, Succotrine, Pistick, Cloues, Galingale, Sinamon, Nutmegs, Cubes, two ounces, Gum Elemie a pounce, Pirrhe Medellium halfe an ounce, Galbanum five ounces, Spike an ounce, Rosin of the Pine tree, Armoniack, Opoponax two ounces: beat all to powder that is to be beaten and mixe it with the Oyle, and put all into a Stillatorie of glasse, with the head and receiver so closed that no ayre come out, setting your Limbeck vpon a soft fire twelue houres, encreasing your fire from fire hewers to fire, till all be stiller. This done, beat all the residue in the bottom of the Still to fine powder, & with the same Oyle distill it the second and third time as afoze, and it shall be as it were Balme.

It is good against Crampes, Palsies, paines of the ioynts, colde Catars, greene wounds & Ulcers, it comforteth the spirits, openeth obstructions, one drop in the eare helpeth the hearing. A Rosecake dipped in it and layd to the temples, helpeth the Pegrin, and taketh away the swimming of the head: an ounce in sweet wine drunke 3. dayes together, cureth the disease of the Lungs and the quartaine Feauer. If you giue a sponfull with wine thirtie dayes with a little powder of Biony roses, it helpeth the falling sickness: so that if the coronal commissure be also anointed, it easeth the paine of the french Rocks, and is good against the stinging of any venomous beastes, and for all diseases of the sinewes.

To make Conserue of Roses, or other flowers. chap. 20.

Take buds of red Roses somewhat before they be ready to spread: cut the redde part of the leaues from the white, and beat and grinde them in a Stone mortar with a pestle of woode, and to euery ounce of Roses, put three ounces of Sugar in the grinding (after the leaues are well beaten) and grind them together till they be perfectly incorporated, then put it in a glasse made of purpose, or els into an earthen pot.

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pot, stop it close, and so keepe it. Thus yee may make Conserues of all kind of flowers commonly used for Conserues.

The vertue of Conserue of Roses.

Conserue of Roses comforteth the stomack, the heart and all the bowels, it mollifieth and softneth the bellie, and is good against black Choller and melancholie. Conserue of white Roses dooth loose the belly more then the red.

To make conserue of Violets. chap. 21.

Take the flowers of Violets, and pick them from the stalk, beate and grind them with Sugar as you did your Roses: to these put double the weight of sugar to the weight of Violets, but to all flowers put three parts of sugar to one part of the flowers.

The vertue of the same.

Conserue of Violet flowers is good against the heate and inflammation of Choller, called yellow choller, it quencheeth thirstinelle, it maketh the belly moyst and soluble.

The vertue of conserue of Buglosse. chap. 22.

Conserue of Buglosse flowers comforteth the hart, it is good for the frantick, and for the melancholy: it is good for the Sincop and frowning, it taketh away heart burning, and trembling of the heart or stomack, it profiteth againe Choller.

The vertue of conserue of Borage. chap. 23.

Conserue of Borage flowers is of like vertue, it is especially good against blacke Choller or Melancholie, it also maketh one merry.

The vertue of conserue of Rosemary. chap. 24.

Conserue of the flowers of Rosemary, comforteth the colde and moist braine, it comforte also the sinewes, it is good against melancholie and steame.

To keepe Cherries condict, or Gooseberries. chap. 25.

Take your sirrop as for Plums, then take halfe a pound of Cherries, and cut off halfe the length of the stalke of euery Cherry, put them into the sirrop, and vse them as you did the Plummies, put in what spice pleaseth you, and so keap it as before is writtent: but make your sirrop strong enough of sugar, least it ware hoze and corrupt: then must ye make a new sirrop stronger of sugar, & put the Cherries in it to keape, as before is said: Thus may ye do with Gooseberries to make of them Warts or sauces all the yere long, saving that Gooseberries

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berries may bee well sodden without breaking, because of theye rough skinne, so it be softly and diligently done.

To make a Conserue or Iellie of Quinces, after my Lady

Gray Clements sort, vnstrayned. chap. 26.

Take sixe pints of faire water, put it in a faire vessell, put thereto the whites of sixe egges, and with your hand all to beate the water and the egges together, till you shall see your liquoz rise with great some: then put into your liquoz sixe poundes of suger to sixe pints of water, that is halfe measure, if ye make it at Michellmas or at Hylantide: after that, sixe pounds and a halfe of Sugar will serue sixt pintes of water. Then set your liquoz, egges, and suger on the fire, and let them seeth till the scum arise: then take it off & scum it cleane and set it on the fire againe, and scum it still, as long as there will anie foule thing or scumme arise. Then put in twelue pounde of Quinces with the coares taken out, so let them boyle softly, and still scum it if any thing doe arise: and when it beginneth to loke redde, lay a drop of it vpon a paper, and when yee find that it will stand vpon the paper, then it is sodden enough: then take it off, and let it run thzough a fine haire sieue into your boxes, and with a spone take off the froth aboue, and this will keepe, but it must seeth soberly, and no rash fire, but a continuall reasonable fire.

To preserue Quinces all the yeere, as it was vsed for
King Edward. chap. 27.

Take your Quinces and pare them, and seeth them in clere water till they be tender, then put the water from them: then take Sugar and put water to it, to a pound and a halfe of Sugar, put halfe a pint of Rosewater, so seeth them together till it be thick like a sirrop, and see them all till they be browne. Then take out the Quinces, and let the sirrope seeth againe till it be somewhat thicke, as ye see the sirrope of Greene Ginger. Then put in your Quinces againe, and let them seeth thre or foure Water noster whites, then take them from the fire, and put them in a stone pot, or a little vessell of wood, and thus keepe them all the yeare: If you list to put Sinamon, you must put to euery sieue pound of Sugar one ounce of Sinamon, and if you haue no stoe of Rosewater, ye may make the same sirrope of running water, but it will not be so pleasant as Rosewater, but it will doe very well.

To make Quinces in sirrop. chap. 28.

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Take thirtie Quinces, and take out the coares of them, and pare them, and euer as they be pared, cast them in faire water, when they are all pared, take a pot of faire water, and put your Quinces in it, let them seeth till they be so tender that yee may put a strawe or rush through them: then take to your Quinces fve or sixe poundes of Sugre, and take some cleane water, as much as yee thinke will couer your Quinces, and put into this water your Sugre, and foure or fve whites of Egges all wel beaten, so that there may rise vppon them a froth. Then put them so dressed into your water with Sugar, and let that stande vppon the fire till it hath sodden a wallop or twaine. Then take a peece of a wollen blanket, and poure thys water through with sugre and all: then put this water into a faire pot, and the Quinces together, and let them seeth till your Quinces bee very tender, and euer as there riseth any white or any thing, scum it off cleane. Then take out your Quinces, and let your sirrope boyle till a spoone will stand in it, and when your sirrop is cold, put in your Quinces and stoppe it close, and within thre dayes loke vpon it againe, and if the sirrope waxe thicke, take moze water and Sugar, and dresse it as afoze written, and when you haue put it through a cleane cloath, then take the Quinces and the new sirrope, and put altogether, and let them seeth a while: then take out your Quinces and let the rest seeth till it come to a sirrope, and when your sirrop is cold put your Quinces in, and so keepe them all the yere, but before that your sirrope be thicke enough, or els it will marre all: you may not put in your Quinces at the second seething, till your sirrope be somewhat thicke, for they be not put in to seeth, but to soake out the watrines of the first sirrop, and therefore they may seeth but a little while at the second seething.

To make conferue of Damsons. chap. 29.

Take Damsons and wash them in faire water, and dnye them with a cloth, and put them in an earthen pot, and fill your pot with them, and couer your pot with a peece of past, and put your pette in an emptie Duen which was filled with bzead: then put in your pot after the bzead is out & stop it very close, & let it stande foure houres: Then take it out, and put your Damsons in a peece of thicke Canvas, and let the liquoz that runneth from the, come into a faire pan, and in any wise bzeake not the Damsons that be in the cloth to haue

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more liquoz, for you must haue no liquoz but that which cometh from them. Then take a faire boyling pan, and put your liquoz in it and put to it as much beaten Sugar of the finest, as yee thinke will make it swate, and seeth it vpon a quick fire, and when ye thinke it is enough, take a sawcer, and with your stirring stick let a drop fall vpon your sawcers side, and if it be enough it wil be somewhat stiffe. Then take it from the fire and put it into your boze, also you must stirre it still.

To preserue Damsons. chap. 30.

You must take for euery pound of Damsons halfe a pound of Sugar. First, make your sirrope with Sugar & Rosewater, and when you haue boyled it a while, then put in your Damsons, so that they lie not too neere together, so let the boyle till they be red at the stone, then take them out, and put them in a platter: then put in more to the same sirrope, and let them boyle as the other did: and when they be all boyled and cold, close the skinner as close as ye can, and poure on the liquoz being hote, and so let them stande a while or euer that you put them into the glasse.

To make Wardens in sirrope. chap. 31.

Take Wardens, and cast them in a faire pot, and boyle them till they be tender, then take them vp and pare them, and cutte them in two or thre peeces, and take powder of Sinamon a good quantitie, and put it in redde wine, and straine them, and cast thereto Sugar. Then put it in an earthen potte, and let it boyle together, and when they are well boyled, take powder of Ginger, and colour it with Saffron, and looke that it be pognat and dulcet.

To make Prunes in sirrope. chap. 32.

Take Prunes, and put Claret Wine to them, and Sugar, as much as you thinke will make them pleasant, let all these seeth together till yee thinke the Liquoz looke like a sirrope, and that your Prunes be well swollen: and so keepe them in a vessell as yee doe greene Ginger.

The vertue of Conserue of Succorie. chap. 33.

Conserue of Succorie is good against yel'owe and blacke Chol'ler, and for the burning and heate of hote feauers.

The vertue of Conserue of Elderne flowers. chap. 34.

Conserue

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Conferue of Elder is good against the Poxphew, it cleanseth the stomacke and the whole body from scabs.

Gather the clusters or bunches whereon the flowers grow, when they are new blowne or spred, lay them vpon a faire Shete abroade in a chamber a day or two, till ye shall perceiue the flower wil shake off and fall away: then pick them cleane, and make thereof conferue as you doe of other flowers.

And whereas it is moze wholsome then pleasant, therfore put some other conferue (such as ye list) amongst it when ye will vse it.

The vertue of Conferue of Sorrell. chap. 35.

Conferue of Sorrell is good against all kinde of heates of the stomacke, and other pzinipall parts of the bodie, and against yellowe Choller.

Take leanes of Sorrell, wash them cleane, and shake off the water cleane, or els tarry till the water bee dyed cleane: beate them and grinde them with Sugar, as aboue, and then keepe them.

The vertue of conferue of Maidenhaire. chap. 36.

Conferue of the leanes of Maidenhaire, is good against the sickness of the side, called the Pleurisie, and for all the diseases of the breast, and of the lights, and in all maladies of Melancholy, and against redde Choller.

Make it as ye doe conferue of Sorrell.

To make conferue of Elecampana rootes. chap. 37.

Take the rootes of Elecampana, wash them cleane, slice them into peeces as big as your thumbe, sath them in faire water till they be tender, take them vp and powne them, and drawe them through a haire sie: put thereto in the second sathing the double or trebble weight of Sugar, and when the Sugar is perfectly incorporated, take it off, and keepe it.

The vertue of the same.

Conferue of Elecampana is a good comfort to the stomack, and the nourishing of the members, it maruellously loseth tough steame, dissoluech and consumeth the same, by the siege it auoidech it.

To make conferue of Acornes or Gladen, with the vertue of the same. chap. 38.

Take the rootes of yellowe flowerdeluce, which groweth in moyst groundes, other wise called flagge rote: wash them & scrape them

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them, seeth them, and order them as ye doe of Elicompana, now last befoze rehearsed, and so keepe it. This conserue is good against all sicknesses of the bzaine, and sinnewes, & against all diseases of cleame. Vnto women it openeth naturall course and tearmes.

And you must generally learne, that in making conserues, fruits and roots are made with fire and seething. Moreouer, the more Sugar or honey is put into them, so it be not past thre pound to one, the Conserue shall continue the better.

To make Conserue of Strawberries, with the vertue of
the same. chap. 39.

Take Strawberries one quarte, cleane picked and washed, set them on the fire till they be soft, straine them, put thereto two times as much suger in powder as the weight of the Strawberries, put it in a glasse or earthen pot well glazed.

The vertue of the same.

The Conserue of Strawberries is good against a hote liuer, burning of the stomack, and specially in the seruent heat of an ague.

To make conserue of Cherries and Bar-
berries. chap. 40.

In like sort you must make conserue of Cherries, & also of Barberries, sauing that these require more Sugar then the other doe, which are not so soure as they be.

Here is to be noted, that of conserue of fruits may be made *Par-
malade*: for when your Conserue is sufficiently sodden, and readie to be taken off, then seeth it more on height, & it will be *Parmalade*. Moreouer, some make their conserue, marmalade and sirrops with cleane Sugre, some with cleane honey clarified: some with Sugar and honey together: and after the opinion of some great Clarkes, honey is more wholsome, though it be not so toothsome as Sugar.

To make all kinde of Sirrops. chap. 41.

Take Buglosse, Bozage, white Endiue, of each one handfull, of Rosemary, Time, Hysop, Winter-sauorie, of each halfe a handfull: seeth them (being first broken betweene your handes) in thre quartes of water vnto thre pintes, then straine it, and put in the li-
quor whole Cloues an ounce, powder of Sinamon halfe an ounce, powder of Ginger a quarter of an ounce, one Nutmeg in powder, of
Sugar

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Suger halfe a pound and moze : let them sethe vpon a soft fire, well stirred for burning to, vntill it come to the thicknes of life Hony, then keepe it in Gally pots. If you put one pint of Salmesey in the second seething, it wil be better. When it is perfect, haue sixe grains of fine Huske in powder : stirre it amongst your sirrope as ye put it into your Gally-pot, and couer it.

This sirrope will last many yeres, and is excellent against swelling and faintnes of hart : it comförteth the braine and sinewes, if it be vsed as much as a Hazel nut at once, at your pleasure.

A Violet powder for woollen Cloathes and Fures.

chap. 42.

Take of Ireos two ounces, of Calamus Aromaticus, three quarters of an ounce, of Cipres, of Calingale, of Spikenal, of Rose leaues dried, of each a quarter of an ounce, of Cloues, of Spike, of Lauender flowers, of each halfe an ounce, of Pigella Romana a quarter of an ounce, of Benjamin, of Storax Calamit of each halfe an ounce, let them be all finely beaten & searced. Then take two or three graines of Huske, dissolue it in Rose water, and sprinkle the water vpon the powder, and turne it vp and down in the sprinkling, till it haue drunk vp the water, when it is dry, keepe it in bags of silke.

A sweete powder for Napery, and all Linnen cloathes.

chap. 43.

Take of swete Pariorum (that which is hoary is the swaeter) when it hath in him seeds ripe, cut the branches, so that the roote may spring againe : when the Pariorum is dried, then rub out the seeds, and keepe them to solwe about Easter, and the huskes and leaues that grow about the seeds take for your purpose, rub them smal, (for if you beate them to powder in a mortar, they wil lose the most part of their sauour) then take of white Saunders, or gray Saunders, but looke that they be new, of right swet odour, for if they be old and haue no pleasant and quicke odour, they are nothing worth. Take (I say) of these swete Saunders beaten into fine powder, an ounce, and put it into an ounce of your swet Pariorum, rubbed between your hands, as before is saide, and if you put one or two graines of Huske there vnto for your waring Linnen, it is the better : solwe these vp in a silk bag together, & lay it among your linnen : of such bags haue a dozen

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oʒ two, which there will continue many yeeres, and when you looke to your linnen, then chafe each of the bagges betweene your hands that they may yeeld out their swēt odoʒ. Mozeouer, in the Sommer time gather redde Roses in faire weather, so soone as they be blowne and opened, lay them vpon a table, a bedde, oʒ faire flooze of boardes, and nowe and then remoue them least they molde and waxe fustie. When they are dry, picke off the leaues, that you may haue two pecks of them, then strawe them among and betweene the boughts and foldings of your linnen, with one handfull of dry Spike flowers to fīre handfull of dry Roses, and lay your swēt bags amongst them. Be sure that you linnen be ener thzough dry ere ever yee lay thē vp, oʒ else the Roses will waxe hoze: set your coffer in a dry ayze, and in the winter time oʒ wet weather, when you perceiue your roles to waxe moist, then put them in a pillowbere oʒ twaine, that they fall not out, and lay them vppon your bed betweene the couerlet and the blanket all night, oʒ els befoze the fire, let them dry and straw them againe. Mozeouer, yee must alwayes haue a bagfull of dry Roses in floze, kept in a dry ayze: foʒ if hee lose his rednesse, then loseth the Rose his sweetnesse. Finally, you must euery yere put away your old Roses, and occupie new, but keepe your swēt bags still manie yeeres.

To make a Pome-amber. chap. 44.

Take Benjamin one ounce, of Stozay Calamite halfe an ounce, of Labdanum the eight part of an ounce, beat them to powder, & then put thē into a brazēn lable, with a little Damaske oʒ Rosewater, set them ouer the fire of coales til they be dissolued and be soft like wax, then take them out and chafe them betweene your hands as yee doe waxe: then haue these powders ready finely searced, of Sinamon, of Cloues, of sweet Saunders, gray oʒ white, of each of these thzē powders halfe a quarter of an ounce, mire these powders with the other, and chafe them well together, if they be too dry, moisten them with some of the Rosewater left in the lable, oʒ other: If they waxe cold, warme them vpon a kniues point ouer a chafingdish of coales: then take of Amber greece, of Muske and Ciuet, of each thzē graines, dissolue the Amber greece in a silver spoone ouer hote coales, when it is cold make it small, put to it your muske and Ciuet: then take your Pome that you haue chafed and gathered together, and by little and little (with some sweete water if neede bee) gather vp the Amber, Muske, and Ciuet, and mire them with your ball, till they be perfectly

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stedly incorporated, then make one ball or two of the lumpe, as yee shall thinke good, for the waight of the whole is aboue two ounces, make a hole in your ball, and so hang it by a lace.

If you perceiue that the ball is not tough enough, but too brittle, then take a cartesse of Storax liquida, and therewith temper your ball against the fire, but take not too much Storax liquida, because it is too strong. Or the better way is to haue some Gum, called Dragaganthum readie dissolved in sweete water, it will be dissolved in two dayes, and with that gather your ball with the heate of the fire: this ball will be of like goodnes within as without, and of great price.

Some men put in the making her of three or foure Drops of Oyle of Spike, beware of too much because it is very strong.

When you will haue your ball exceed in sweetnes, breake it and haue two or three graines of Muske, or Cinet, or Amber Greece, as you delight in, or altogether: Dissolue them in Rose or Damaske water, and with the same chafe your Ball ouer the fire, till it bee drunken in, then pearce a new hole, as before.

To make a fine Fumigation to cast on the
Coales. chap. 45.

Take of Benjamin one ounce, of Storax Calamite halfe an ounce dissolve them as for a Pomeamber: then haue ready these woodes, powders, or one of them, Ginger, or Cypres, or of white Saunders, and Cloues, of either halfe a quarter of an ounce, all in fine powder: mixe them all together, of either halfe a quarter of an ounce, all in fine powder: mixe them all together, and with some Storax liquida gather them together with the heate of fire: then make them round, of the bignes of a blacke flou, & with your scale print it a cake while it is warme and soft.

Of these cast one or two vpon a chafingdish of coales, to purge all pestiferous and corrupt ayre out of your house: if you put to the other things the powder of Amber beads, it will be the sweeter. Some put also Labdanum, as before said in making the Pomander, heerin doe as the saueur shall please you.

To make the same in Offets: chap. 46.

Take a little of fine powder of Sallotwe, of willowe coales, mixe with it some of your fumigation last before named, in the making, worke them well together, then fashion it with three or foure fette, like a Cloue, and when it is dry, kinde the end of it at a quicke coale, and it will yeelde a sweete saueur: put not too much coales

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for then it will saour of them, put not too little coales, for then it will not keepe fire, put not too much Storax liquida, for then it will be too brittle and too moist, and will not lightly dry: therefore it shall be very well to haue some Gum of the Cherry-tree, or Plum-tree, which they call Gum Arabick: dissolve some of it into sweete water, till it be liquid and tough: with this gather your Declets, or other Fumigations.

A moyst fume vpon a Fuming dish. chap. 47.

Take a peece of Romeamber, as big as a Hazel nut, bruse it, put it into your fuming dish, with sweete water: put there vnto a fewe Bay leaues, as much of dried Hazel leaues, a little Rosemary, and set it ouer the fire vpon a cupbord, or else in stead of the Romeamber, put two or thre of the Cakes before written, broken small, and nine or ten whole Cloues: and if you will haue it excellent sweet, then put one or two graines of Muske, and let the leaues and them stand ouer the fire together, as before is said.

A Fumigation for presse and cloathes, that no Moath shall breede therein. chap. 48.

Take of the wood of Cypres, or of Juniper, of Rosemary dried, of Storax Calamite, of Benjamin, of Cloues, a like waight, beaten into fine powder, then take of the powder of Wormwood leaues dried, as much as all the others, mixe them well together, cast thereof vpon a Chasingdish of coales, and set in your presse, and shut it close: and thus doe oftentimes, till you haue well seasoned your presse or coser.

A perfume for a Chamber. chap. 49.

Take Rosemary, sweete Marjoram, Bay leaues, of each a handfull, a peniwort of Cloues, Vineger, and Rose water, a sufficient quantity, boile these in your perfuming pot, which smell is sweete and wholesome.

A perfume of Damaske. chap. 50.

Take Storax Calamite five ounces, Benjamin, Labdanum, foure ounces, Sinamen one ounce, Muske foure graines, Cloues a dramme, Rose water halfe a pound, stampe them together, and when you will occupie them, put them into your perfuming pan, and boile them.

An odoriferous sweet ball against the plague. chap. 51.

Take Storax, Labdanum, of each a dram, Cloues halfe a dram, Camphire halfe a scruple, Spiknard a scruple, Nutmeggs a dram,

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of all these make a past with Rosewater, tempered with Gum Dragagant and Gum Arabick, stirring and busing them well, of this past make your balles, and warme them.

An odoriferous white powder. chap. 52.

Take Zrios elect thre ounces, White Saunders two ounces, Damaske Roses, Lignum Aloes, Benjamin, Cipzi Alexand. of each two ounces, Puske foure graines, Ciuet thre graines, beate and sift them by themselves, and incorporate them in the same mortar you beate them in, and kepe it in a vessell well stopped.

A fine redde powder. chap. 53.

Take Damaske Roses two ounces, Sandali Attrini one ounce, Ligni Aloes, Ligni Aler. of each a graine, fine Puske thre drams, Ciuet two drams: mixe them and beate them, and kepe them together, as before.

A sweete blacke powder. chap. 54.

Take Cipzi Alexand. Ligni Aloes of each halfe a dram, Sandali Citrini, Damaske Roses, of each an ounce, Cloues thre graines, Puske thre graines, and as much Ciuet, beate these together, and kepe them close in a violl well stopd.

A powder wherewith to make sweete water. chap. 55.

Take the woode of Cipresse, or the roote of Calingale one quarterne, of Calamus Aromaticus one quarterne, of Dace or Iris one quarterne, of Cloues one quarterne, of Benjamin one quarterne: or ye may take of each of these ounce for a portion, let all be beaten into powder, and when ye will distill your Roses, fill your Still with Rose leaues, and a few Spike flowers, and vpon the top of some throw some of your powders, and so distill them.

Some put a little of the powder of Nigella Romana, to the other powders.

These Takes wil be very sweete, put the water in a large glasse, and to the pot put twelue graines of Puske, let it hang in the midst of the water, in a thin linnen cloath with a thred, set it in the Sunne twentie or thirtie daies, then take the glasse in, & set it in a dyape.

Conclusions and rules to be vsed in distilling, and the ordering of each hearbe or flower before they be

distilled. chap. 56.

First, a soft fire maketh sweet water, and the swatnes to continue strong.

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Secondly, coales still the best water.

Thirolly, wash nothing that you will still, but wipe it with a clean cloth. Fourthly, all hearbes, flowers and saxes, must be gathered when the dew is off them.

5 That which you will still, must lie at least six houres before you still it.

6 All Spices corrupt your water, except Amber Greece, Ciuet, and Muske.

7 Scumme your water well.

8 Keepe your still verie cleane.

9 Wash your still, but not often, and then dry it with a cloth.

10 The glasse still is best, the tinne next, the earth not so good as the tinne, and the leaden is worst of all.

11 Tender flowers, as Violets, Fillsflowers, and such like wold be distilled in a glasse.

12 All compositions must be stopp'd close before, and in stilling diligently weighed and measured.

13 Liquid waters must haue greater fire, the dry & light waters.

14 Still not your glasse too full.

15 Put soe of ashes vnder your still, that your still burne not.

16 Wipe the vpper part of the stil often, but specially the ridge.

17 Diligence in looking to all things.

18 Bozage must be distilled: the hearbe with the roote chopped together.

Hysope, the leaues stripped from the stalke, when it beares blew flowers.

Camomill, the hearbe and flower chopt together in the middle of May.

Dill, the hearbe in the beginning of May.

Fumitorie, the whole substance chopped, in the end of May.

Pint, either red or other, the hearbe, stalke and leaues chopped, in the middle of May.

Roses, the flowers, cutting away the white endes.

Rosemary, the flower, bud, and leaues, stripped from the stalke in May, in the flowering.

Sentorie, the hearbe and flowers chopped in the end of June.

Violets, the flowers in Aprill.

Woodbine, the flowers in the beginning of June.

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To make water of the same collour of the flowers
that you distill. chap. 57.

First, distil your water in a Stillitorie, the put it in a faire glasse, and take the buddes of Roses, and cut away the white, and put the leaues into the Skilled water, then stop the glasse, and put it into the Stillitorie to still, putting hearbs into the still for feare of burning. After this, Straine the water from the leaues, and scum it well.

A compound water to perfume gloues, or
other things. chap. 58.

Take Damaske water double Skilled, a pounce, Muske tenne graines, Civet thre graines, Amber Greene foure graines, beate all these together to powder, and put it into the water aforesaid, and stop it close, and vse it without any more Skilling.

To make Damaske water. chap. 59.

Take Damaske Roses and redde Roses, of each a handfull, let them dry foure houres in the shadow: then take two drams of Labdanum, Nigella Romana, two peniworth, Iris halfe an ounce, Storax two drams, Cloues an ounce, Benjamin, Calamus Aromaticus, Nutmegs, of each halfe an ounce, Sariozum, Bazell, of each halfe a handfull: bruse the spice, and put it in Balsmy, or the lees thereof the space of foure dayes: then distill it and scum it foureene dayes.

Another manner of making Damaske water.
chap. 60.

Take of Arace, or Iris, of Spike flowers dyed, of Cloues, of each an ounce, make them in powder, put them together, with a pinte of newe Ale in Coznes, and one pint of Rosewater in an earthen pot, put thereto a great many of greene Rose-leaues, let them soake in a night time stopped close: in the morning when you shall distill, first lay other Roseleaves in the bottome of your Stillitorie for feare of cleauing to, then take of the Roseleaves out of the pottle, and put them with other greene Roseleaves, in your Stillitorie sufficient, and to the water put Muske, as is aboue said. This water is excellent to set forth a Tart, or Apple Poyse, or Almond butter.

The Closet, or Treaſurie,

To make a ſweet Damaske powder foure
manner of wayes.

Take two oz thre handfull of dyed Roſeleaues, two graines of
Muſke, halfe an ounce of Cloues, and beate all theſe to powder.

2 Another way.

Take ſixe ounces of Mace, foure ounces of Cloues, two ounces
of Storax Calamite, an ounce of Labdanum, with two ounces of
yellow Saunders, and a little Muſke.

3 Another way.

Take two ounces of Cloues, foure ounces of Spynce, foure ounces
of Storax Calamite, foure ounces of Roſes, thre ounces of Benjamin.

4 Another way.

Take thre ounces of Cypres, foure ounces of Benjamin, two
ounces of Coliander oz Labdanum, thre ounces of Storax Calamite,
two ounces of Roſes, beat all to powder.

To make Pepper ſoft: with the vertue of the ſame.

You ſhall doe this after the ſame maner as is ſhewed for greene
Ginger, in the 15. Chap. that is, with ſand, and the like ſir rope, ſeaſon
and keepe them. Ginger and Pepper in ſir rope comfozteth a cold
ſtomacke, and helpeth much to good diſcretion.

To keepe Barberries.

Take clarified Sugar, and boyle it till it be thicke, which you
ſhall perceiue, if you take a little betwene your fingers, it will rope
like byrdlime, then put in your Barberries, and let them boyle with
a ſoft fire, untill you perceiue they bee tender: then put them in a
glasse and couer them, and ſo keepe them.

The



The knowledge of the names and naturall disposition of diuers diseases, that most commonlie happen to molest and greeue the bodies of men and women.

Chap. 59.

Elefancium, is an euill which is easie to be knowne.

2. Gout Cain, is *Morbum caducum*, that is to say, the falling sicknes.

3. Spulencia is the same euill, or very little difference.

4. Lytargium, is a perillous euill, for he that is therein, is alway sleeping: for it hath bene seene, that a man in that euill hath slept himselfe to death.

5. Squin ancia, is an euill that is in the throtebowle, and when it taketh all the neck, it is signe of death, except medicine helpe.

6. Sciatica passio, is a passion that sitteth in the Wirrell-bone of the hip, and holdeth his course betwene that bone and the Ridge-bone, and then falleth, but his abiding is most in the Wirrell-bone.

7. Colica passio, is a passion that is in a mans Arse-gut, but it shotteth in to all the guttes, and into the flanke, but his most paine is principally in the Arse-gut, and that stoppeth both wind and water.

8. Postema, is in diuers maners both within the skin and without the skinne, and within the body, for all maner of things that swell beare out the flesh, and therfore all manner of Boyles, Wotches, Felons, & other such like, may be called Postema, as well as those that be vpon the stomack, or on the lungs: There be some that beare proper names, as Peria plonna, the which is an Impostume that is vpon the lungs, that engendreth a passion, that is called in Latine Aspi-

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ratio of Respiration: and it is called in English, harde drawing of wind: that when a man hath much paine to draw his winde, which maketh the Lungs to be in paine, for it presseth downe the Lungs, and causeth them to be hote and dry, and that maketh a man to cough.

9. Pleuresim, is another Impostume that lieth vpon the sides, and vpon the ribs, and aketh soze. And he that is so diseased, commonly he is coughing: and the humoz is red, and they be much waking, and may not well lie on that side.

10. Also there is an Impostume, that is called in Latine Antrix, and Antradis: and it is called in English a Fellon, and they be hotter of matter then the other that goeth out of byles and Fellons when it is rotted.

11. Tuna is a white watry Skall, and Acorias is a dry Skall.

12. Caries is in a manner of an Impostume, that is like a Wart that bringeth forth a long haire, or two or thre.

13. Caries is the roted head of a tree.

14. Derias is a Wart. And Cistitis is called an Impostume, as it is said here before.

15. There is an euill that is called Riteria, and there be two of them: that is to say, the black & the yellow: and especially the black, which cometh of the chafing of the liver.

16. Also there is an euill which belongeth to women, that is called Menstruous, the which is a flure of blood: And there is another that belongeth to women, that is called, the payne of the Matrice, which containeth from the Matrice to the priuy member. But the Matrice of it selfe is like a thre cornered purse, as it may be made in figure: And that hangeth by certaine stringes by the ribs, and by the intrailles, and so it stretcheth downe to the priuy member, which is called the mouth of the Matrice. You shall vnderstande that the Matrice hath in it selfe nine folds, which falleth like pleats of cloth, and in those pleates falleth the seede of man, and therein is it nourished, and therein is the child conceived, by reason whereof it might be possible that a man might get on a woman nine children at once, and if they were of such complexion that the woman might conceive in euery fold a child, and if it fortuneth the seede of man to fall euen in the pleats,

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pleates, as it may fall : And if it falleth on the one side it getteth a man-child, and if it falleth on the other side it getteth a woman-child, and if it fall euen in the middle, it is like to be both the male and the female. And therefore, it is all in God, that a man might know the great might and goodnes of his secrets.

17. Also, there is a malady that commeth of the Childe's birth, and that is when the child commeth forth, there commeth therewith a skinne, the which is engendred of the seede of man : And it lieth in the Matrice, and it is deuised in two parts, whereof one commeth to cleane blood, and after ward ingendred to a peece of cleane flesh : And then that flesh putteth from him a white thick matter, & that matter engendred a skin, which skin taketh and windeth in the cleane matter aforesayd : and euermore as the child formeth and wareth, euen so the skin wareth with it . And the same skin is called the Secundine : and it keepeth the child from many perils that should fall thereto, if that were not : for it closeth in the child, like as the shell incloseth in an egge : for first the shell of an egge was a skin in the beginning of the egge : Wherefore, in this case the skinne is called the Secundine, for it beareth vp the Child : and when this Secundine is any thing pearced or hurt : then is the child bozne before his time. This Treatise is drawne out of a Chapter called Gilbertus, which sayth that there be five principall things that hindereth the birth of a Childe. Whereof one is, when the woman with childe is very sore wrought and angry . The second is, when shee is smitten with a staffe . The third, is ouer much fasting . The fourth, is a great sure of her wombe. And the fifth, is a fall vpon the wombe : For all these things hurt the Secundine, and maketh the Childe to be bozne to soone, which destroyeth both the woman and the Child : for then the woman is not kindly purged of the Matrice, and then is the Secundine euill for to heale : and if it be not well taken away of the Midwyfe . And except shee doe her endeuour well, then it will rotte, and make a woman great as though shee were with child.

And then there is another disease, that is, if it fortune that the child be dead in the wombe, that hath a proper name in Latine, and is called Fetus, of what kind so euer it be, & if it be dead it may be said so, and in English it is called a dead child : wherefore all manner men

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A charge in Gods name to take heed whatsoeuer ye be that read this Treatise, that ye blaspheme not, nor despise this, being the works of God, whereby ye may plainly vnderstand how ye were brought into this world.

18. Also there is another malady, that is named in Latine Carnus appetitus, or Morbo Camino, that is, when an unkindly heat is in the stomack and in the body. And so the moisture that should be in the stomacke, faineth away, and the heate bringeth vp the moisture, and he that hath that malady is very cosine.

19. Also there is another malady that is called in Latine Etica passio, that is, an euill that maketh a man to dry and vanish away: And in English it is called the dzinesse: howbeit the proper name thereof is Etick, and the man that hath that sicknesse shall consume away, but yet he shall be euer eating, and it is very tokens of mortal death.

20. Also, there is another disease properly called in Latine, Fluxum ventris, which may be vnderstood in English, all manner of nesh wombed people, other wise called the bloody Fluxe.

21. Also there is another Fluxe, called in Latine, Lienteric, this is a fluxe of the wombe, and this cometh when the stomacke is all slipper, and the matter goeth away undesied.

22. Also, there is another that is saide in Latine, Descenterium, and that is when the guts make squanles in the manner of shauing of guts, and no other as men shall heare after.

23. And there is another disease that is called in Latine Thenasmon, & that is euen contrary to that before, for Thenasmon is, when a man is very cosine and hard wombed.

24. Also, there is another infirmity that is called in Latine Emorrandes, and that is of great aboundance of blood, and there will arise small teats, as it were warts, that will lie within the fundament vpon the gut, and without both.

25. There is another that is called in Latine Exitum, and that is the going out of the fundament, for the gut of the fundament will goe out, and that is a soze euill.

26. Also there will come out of a mans nose much foule filth, and thereof great aboundance, some like gobbets of flesh, right in his kinde, like as Emeraudes will doe, and that is called in Latine, Polipus.

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27 Also there is another disease or maladie, that is called in Latine *Malo mortuo*, and the soze that commeth thereof is called in English a *Pozmall*, but knowe yee well, that his beginning is of a *Melancholie* in the bodie of man: and it is taken for one of the spices of the *Scab*: and properly it commeth of a naturall *Melanchollie*, when it is putrified and corrupt of naturall melancholy, and in some men it is mingled with sawse fleame, and be both gendred together of so long vsing vnwholsome meates: And sometime it commeth of the stopping of the *Spleene*. For when the spleene may not receaue the *Melancholie*, then by his humors he is heauie of waight, & presseth it downeward to the legges, and then beginneth the pusses to breake out, and they be called *Malum mortuū*. Another cause why it is called *Malum mortuum*, for it maketh the members as it were dead, or else that it were flesh: And it is called so because it is not so quicke in working as other sozes be, neither in engendering of new flesh, nor mattereth not as other sozes doe, but alway is hote & dry: and moreover, it will not away till a man die, except he be the more warie, and if sooner taken heede to. For the *Melancholie* is the onlie cause thereof: And his cullour is to be swarth, and as it were a partie blew, and hard: and commonlie it is full of stones and harde dead flesh, and there will goe out thereof in a manner of a red water, like as if there had beene raw flesh washed therein: and it will close in many places, and when it is closed in one place, it wil break out in another: And when it is surely of the melancholie, the pusses will be black and blew, and the place will itch soze, and be full of dead flesh, and with sawsefleame it will itch: also it will be full of sozes and boyles arising thereupon. Also take heede of his digestion, for it will be of great cullour, and much quantitie of vyne and thicke. And know well that he that suffereth it, an euill commonlie haunteth him, that is called in Latine *Dediamine*, and al they which are infected with that maladie, there will appeare haire therevpon, as doth vpon a *Leaper*, but vpon this maladie y haire shalbe blacke, and vpon a *Leaper* the haire shal be white and redde: And a naturall knowledge and a true description are all these also rehearsed.

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Diuers necessary obseruations, both Phisicall and
Astronomicall. chap. 62.

Howeuer, it is to be vnderstood, that euery month in the yere, the Moone hath her course in one of the twelue signes: and in euerie signe the Moone is two dayes and a halfe almost. And yee shall know also, that the twelue signes haue government of euery man and beast in the twelue parts of the body. And whiles the Moone is in euerie signe, & if the bodie be let blood, or els wounded or burnt, all the medicines that are cannot serue in that signe that hath the government of the place of the body, and it is maruell but that the body be some dead, or else distraught for euer.

Aries hath the government of the head and face.

Taurus the neck, the thyoate, and the knot of the thyoate.

Gemini the shoulders, armes, and hands.

Cancer the bzeast, the stomack, the ribbes, the lungs, & the Spilt, in the vpper part of the bzeast.

Leo the hart, the stomack, and the ridge in the nether part of the bzeast.

Virgo the wombe, with the entrailes and the paunch.

Libra the raynes, the loynes, and the web of the skin, that connecth them, with the haunches and buttocks.

Scorpio the priue members and the fundament.

Sagittarius the thyges.

Capricornus the knees and hannes.

Aquarius the legges from the knees to the anckles.

Pisces the wristes and the feete.

Also it is to be vnder stood, that a Laxatiue must be taken when the Moone is in Cancer, or in Scorpio, or in Pisces, & when the wind is in the South, then is it best time to take a laxatiue.

Also if ye shoulde afflict the medicine, make it in the signe retentive, as Taurus, Virgo, and Capricornus, and when the winde is in the North.

Also when he shall be let blood, loke that the Moone be in a signe attractiue, as Aries, Leo, or Sagittarius. And loke that it be not in the newe Moone, neither in the old Moone too nigh the change. For in the new Moone the blood is waring, and in the old Moone the blood is waning, and therefore take a full moone.

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Also if ye will giue a digeffiue medicine for to deſie any humors, giue it when the Moone is in a digeffiue ſigne, as in Gemini, Libra, or Aquarius; and if ye worke by this teaching, yee ſhall doe much the better, or els it will not goe by reaſon.

Also, beware in theſe dayes in letting of blood, that is to ſay, in the Canicular dayes, the which begin eightene dayes before Lammas vntill xxb. dayes after Lammas, for they be titled in the Kalender. It is to be vnderſtood, that euery day beginneth at high none, as the Sunday beginneth his firſt houre on the Saturday before afternoone. And the Sunday, after the day, beginneth before the Sun riſing at euery day. It is to be vnderſtoode in the Sunne riſing of euery day in the firſt houre of the Planets: as to account after the Planet, the which Planets the dayes were marked in olde time. For in Latine & French they haue taken their names kindlie after the Planets, but in Engliſh not ſo. Sunday taketh his name of the Sun. Monday of the Moone. Tuesday of Mars. Wednesday of Mercurie. Thursday of Iupiter. Friday of Venus. Saturday of Saturnus. And in this order yee ſhoulde account the houres of euery day by the Planets. If it be Saturday, the houre at Sunne riſing, which that day gouerneth, by Saturnus, the next day after by Iupiter. And ſo in order reckon out the ſeauen Planets. And riſe as ofte as needeth, vntill the foure and twentie houres be fully ſpent. And thes is the courſe of all the Planets of all the yeere. And if ye be let blood, then looke that ye bleed in a good Planet, with the ſigne that ye be taught ſo bleede in. Iupiter and Venus be good Planets to bleed in, and Saturnus and Mars be naught: and the Sun and the Moone and Mercurie with good Signes they be good, and with badde ſignes they be bad. They be called good Signes that be ſanguinious, and they that be Melancholious be called bad Signes: and they that be Cholericke and flegmaticke ſtandeth in meane; And therefore beware and keepe your rule, as it is ſayd before.

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¶ Certaine secreete remedies appertaining to Women.

To make a woman haue her flowers. chap. 63.

First looke that the woman be not with childe: then take of the roote of Gladen a good quantitie, and boyle it in Vineger, or else in wine till it be tender: and after set it on the ground in a vessell, that the woman may stand ouer it, and let her stand close ouer, so that the heate may strike vp into her body, and this shall helpe her: for this faileth neuer. probatum est.

For the suffigation of the Matrice, and for the falling
of the same. chap. 64.

Take Asfaltum, that is, Tarre of Indie, and cast it vpon the hote coales, and let the woman receiue the smoke into her mouth, and into her nose, and it shall driue the Mother downe anone.

For sore falling of the Matrice. chap. 65,

Take the same powder aforesaide, and cast it on hote coales vnder a siege scoole, and let the woman sit ouer it, and stewe her with the fume, and stop the siege scoole close with clothes, so that there goe no ayre out, and it shall driue the Matrice presently, the sauour thereof is so effectuell. probatum est.

For the Flowers to be brought out shortly. chap. 66.

Take the roote of Gladen and make it cleane, and shred a good quantitie there small, and put it in an earthen pot, and put thereto a good quantitie of Vinegar, as need requireth, and then take a couer and couer it close with paste, but let there be a hole in the middle of the couer, and the couer be of a dish meete for the pot. And let the hole be no more but to put in a quill. And all the while that it is boiling, let that hole be stopped with paste, that no ayre goe out, vntill that time that the rootes be soft. Then take it from the fire and let it coole till the great heate bee past, so that the woman may suffer it: and looke that thou haue a chaire with a siege, then take a quill for a pipe that is fit for the hole of the dish that couereth the pot, and vnderstop the hole, and put in the pipe, and set the pot vnder the siege, so that the pipe may come vp thoroowe the siege, that the woman may receiue the other end of the pipe into her bodie, as warme as shee may suffer it, so that the heat may strike vp into the Matrice, and it shall open the Matrice, and she shall haue deliuey right soone: and as soone as she knoweth that it commeth, doe it alway, and she shall be whole by the grace of God,

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For the Mother rising vpward.

chap. 67.

Take halfe a pinte of Palmessey, and sette it vppon the fire in a peece, and dissolve therein ʒs. of Assafetida, and let it stande so ouer the fire the space of two Creedes sayng, and then giue this to the woman to drinke, and it will put downe the Mother presently.

For the Mother that riseth vpon a man.

chap. 68.

Take Ambrose, called wilde Sugar, and drie it in the Sunne, and make a powder thereof, and when the Mother riseth vp to the heart, giue him to drinke a quantitie of that powder with a little warme liquoz, and it shall boyd anone.

To bring forth Termes. chap. 69.

Take Organum and boyle it in Wine, and emplaster it to the priuie member. Also take Cotten and wette it in Turpentine, and make a Suppositoie. Also take Calamint and Peniroyall, & boyle the same in Wine, and let her drinke thereof. Also take Parsnip, and Aristologia longa, and boyle them in wine, and giue the sick to drinke, or els make a Suppositoie, and it taketh away the ache of the Matrice, and speedily bringeth forth the Secundine, & prouoketh the Termes.

Another.

Steew her with these hearbes, Organum, Calamint, Hauine, Poderwoort, Peniroyall, rootes of Lillie, and Madder, and make a Pillary. Or else Magdalion, and put it in a strong linnen cloth, & put it into her Fundament.

Also, take Dyle that a Goozde is sodden in, and make Suppositoie, and it maketh prouocation anone.

Also take Garlick and stamp it, and boyle it in Dyle, and put it in a bag of linnen cloth, and thereof make a Suppositoie.

Also Sinamon and Pirre boyled in water, and drunke, putteth away the Secundine.

Also, take Dyle that is made of Lillie, and giue to the woman to eate with bread, or a Suppositoie made thereof, there is none like thereto in all manner kinds to helpe the Matrice.

Also

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Also for feare least the month of the Matrice were hurt with any thing, with any annointing: Take oyle of Bay, Oyle of Buliol, or oyle fullill that groweth on an Oake, and there with annoynt the place.

A good bath for the Flowers, prooued. chap. 70.

Take Hauine, Juniper, Calamint, Peniroyall, Motherwort, Peritorie, Peliter, leaues of the Bay tree, and boyle them together in water, and bathe the woman therein many times, and shee shall haue her termes at her owne mind and will.

Also take an Egge and rost it soft, and put therein Arsaftida, and let her sup it by when she goeth to bed, and she shall speed anone.

To bring forth the Secundine, and to cleanse the Matrice. chap. 71.

Take Mallowes and Holihocke, Wormewood, Bugwort, Calamint, and Organum, and make her a bath with water, and let her sit therein aboue the Pauell, and let her strike euer downe wardes with her hands, and it will helpe.

Item for the same.

Take a Goates skinne with the clawes and the hayre, and cut it verie small, and cast it into a fire of Charcoale made in a pan vnder a siege-chayre, and let the ayre smite by into her body, and shee shall haue helpe.

For the same.

Take Castor, z i . Enfozbiu, z s . and make them in powder, and take of the gall of a Bull z ii . and of the iuyce of Rue z i . And mingle them together, and then put thereto the powders aforesaide, and make a Suppositoary of Cotten, and wet it in the confection, and put it in, and it will bring forth the Secundine, and psumeke the Menstrues.

Another.

If a woman haue good purgation in her childbed, let her drinke the thauing of Harts hoine in wine, and it shall doe her ease.

To cease a womans Flowers. chap. 72.

Take the iuyce of Plantaine, and put thereto the powder of Wole Armoniack, and mingle them well together: then take Cotten and open it broad, and wet it in the confection, and make thereof a suppositoie, and it shall cease the fluxe of the Matrice.

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To bring forth flowers, and the Secundine, and a
dead child. chap. 73.

Take faire Dates, and seeth them in faire water while they be
well sodden, and then take the water and make therof a bath, and
let the woman sitte therein vp to the hart, and bathe her wel in that
water, and it shal bzing forth her termes, and the Secundine, and
deliuer her of a dead childe, if she haue any in her wombe.

Another for the same.

Take Auence, and seeth it in Wine, and make a plaister, and
lay the same vpon her Pauell. Or else take the croppes of Auence
and seeth them in wine, and make thereof a Suppositoie, & it will
doe the said cure.

Another for the same.

Take the iuyce of Dittaine and mingle it with powder of Callos;
and make, a Suppositoie with Cotten.

Another for the same.

Pill a clove of Garlick, and put it into her, and it shal bzing forth
her flowers soone. Or els seeth Garlicke, and let her sit in that wa-
ter vp to the nauell, and soke her well therein, or else make a Sup-
positioie of Garlicke sodden in oyle.

If a woman haue too many flowers. chap. 74.

Take the foote of an Hare, and put it in a newe earthen pot, and
burne it to powder, and let her dzinke of that powder with warme
Ale, or with warme wine untill it be ceased.

Another for the same.

Take the middle barke of the Cherrie tree, & put away the gray
barke that is without, and take the greene barke and stamp it small,
and giue it to the woman with a little warme ale to dzinke, and it
shall stop the flowers. Probatum est.

Another for the same.

Take the iuyce of Bursa Pastoris, and the powder of Sanguis Dra-
conis, and make a Suppositoie thereof, and it shall cease.

For to cleanse the Matrice. chap. 75.

Take a Suppositoie of Cotten, and annoint it with Turpentine
and it cleanseth the Matrice of corruption.

For to cease flowers, and for faintnes and casting in
child-bed. chap. 76.

Take the leaues of Birch, and make small bundels thereof, & seeth
them

The Closet, or Treasure,

them in Vinegar, and make a plaister therof, and lay it to her Thare, and to the raines, and if discenterie be in default in the upper gutte, lay the playster vpon her stomacke.

Powder of Holland against the Collicke, and the gnawing of the belly. chap. 77.

Take Sinamon, Annis seede, Fennel seed, Cummin seed, of each a quarter of an ounce, of Shauen Liquorizs thre quarters of an ounce, of Galingall, one ounce and a halfe, of Spikenarde a quarter of an ounce, of Seene of Alexandria, two ounces: beat them into fine powder, and serue them, whereof take a quarter of an ounce in a messe of pottage.

Powder to make the belly solluble, causing a gentle laske: easie for any one to take. chap. 78.

Take Seene of Alexandria one ounce, of fine Ginger halfe a quarter of an ounce, of Annis seed a quarter of an ounce, beate them into fine powder, and put them into sodden Sugar, and make loosings (as before) of the whole, the number of sirteene, whercof dissolue two of them into a messe of pottage, or in a cup of Wine, fasting in the morning, and fast an howze after. If you do put as much Sugar in powder, yee may keepe it in a bladder, and the whole powder wil serue eight times to receaue: as euen now is sayd.

A receipt to restore strength, in them that are brought low with long sicknes. chap. 79.

Take of the brawne of a Feasant or Partridge, or of a Capon sodden or rolled of each a quarter of an ounce: steepe them in Rose water two howzes, of the kernels of Puts, called Pistatium, and of the kernell of a Pine Apple, of each a quarter of an ounce, of Sinamon in fine powder the weight of twenty barley cornes, of the spices of Dianthos, Diamargariton, Letificentes, Galeni, of each the weight of fortie graines of Warlie cornes, of the seede of Pillon, Pepon, Goozd, and Cucumner, of each the waight of tenne graines the skinne taken of, let them be all ground small, then take five ounces of Sugar dissolued in Borrage water, seeth it on height, as for loosings, and when it is sodden enough, then put in all the other geare, and make Loosings thereof. Whereof one is sufficient at once dissolued in a messe of pottage, or a draught of drinke. Thus doe two or thre times every day.

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To make Loosings. chap. 80.

Take halfe a pound of Sugar, and as much Rosewater, or other distilled water, as for Manus Christi, seeth them likewise, and when you wil knowe when it is sod enough, take out some vpon a kniues poynt, and let it coole, and if it be hard like Sugar, then it is sodden enough. Then put into it powder of Ginger, Sinamon, or Nutmegge: Stire them well together, lay it vpon a paper oyled, drine it as thinne as yee thinke meete, lay on your gold leafe with a Conies taylor, cut your Loosings Diamond fashyon, and so keepe them.

To perfume Gloues. chap. 81.

Take the Gloues and wash them in the Rosewater, or Damaske water, till the scurfie of the Leather be gone, and then stretch them forth softly, and keepe the water you wash them with still, the hang them vpp to dry, and then lay them in a linnen cloth, that is folded thre or foure times double, and when they bee dry, let them lie in Roseleaves dyed a day or two, then take oyle of Sweet Almonds and Muske, and grinde them together vpon a Marble stone, stretch them forth softly, and with your hand annoint your gloues thre or foure times, and euer among stretch them forth as they dry. Then take Sandifer mixed with a little Amber Greece, and strowe the powder of it thinly vpon them, and lay them in a paper and in a ber: or els melt the Amber Greece, in a quantity of Rosewater, and mixe them dry, and lay them in faire white paper.

2. To perfume Gloues another way.

Take the Gloues, and wash them as aforesayde, thre or foure times, and wring them euery time softly, then take Gum Dragagant, and steape it in fine Damaske water one night: Then straine the water through a fine linnen cloath, and take Gum and mire it with an ounce of Amber Greece with Oyle of Turpentine: Then mingle all together, and roule your gloues with the same: lay them to dry, and lay a paper betwene.

3 A preparatiue for Gloues.

Wash the Gloues, as aforesaide, till the sent of the Leather bee gone: Then take of Beniamine two ounces, of Storaxe Calamite

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mite one ounce, let them be very fine: then take Oyle of Ciuill Almonds, and mingle it with Benjamin and Storax vpon a Marble Stone. When it is well ground, put it into an earthen pot with oyle of Ciuet Almonds, then put in Cloues in powder, and so let it stand close covered: & when you need take a little Rosewater in a sponge, and rub the Gloues softly, and then in like manner, with the Oyle called Ciuet, for the same purpose.

4 Another way.

Take twelue graines of Muske, sixe graines of Amber Greece, three graines of Storax Calamite, sixe graines of Benjamin, and a few Cloues: grind all these together with oyle of Ciuet almonds. First, wash your cloathes with Juskes dissolued a day in Damaske water.

5 Another for Gloues.

Take your gloues and wash them in Rose water once or twice, till all the scurffe be gone from them, and then let them dry, and stretch them wel out, fingers and all. Then plaine them, and wash them once or twice: Then take two ounces of Storax, and as much Benjamin made in powder, dresse your gloues all ouer, on a smooth board befoze they be dry: then hang them to dry, and when they bee dry, saue the powder that is left.

Then take a pint of Rosewater, and two ounces of Storax, and two ounces of Sinamon, put all these in powder, and cast them to the Rosewater, and let them seeth in a close posnet covered. Then take a fine brysh, and brysh them ouer.

6 Another way to perfume.

Take Amber Greece a dramme, of Muske halfe a dramme, of Juskes a dramme, of Ciuet halfe an ounce, put all these together in a pinte of Rosewater, or Damaske water.

7 Another way.

Take a dram of Amber Greece, a dramme of Benjamin, halfe a dramme of Juskes, a dramme of Storax, a quarter of an ounce of Labdanum, put these in Rosewater.

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A perfume for Chests and Cupboordes, and also
for Gloues. chap. 82.

Take Benjamin and Stozare of each an ounce, Labdanum and
Fusses, of each a quarter of an ounce, halfe a dram of Cluet : if you
burne it for Chestes, or Cupboordes, beate it in a hote moyter : if it
be for Gloues, boyle it, and put it to Rosewater.

To cullour Gloues. chap. 83.

Pou must haue hulles of greene Walnuts, that must lie in wa-
ter all the yere long, role them well with these hulles, and make
them as deepe a cullour as ye may.

How to cullour Gloues yellow within.

To cullour gloues yellow within, take the yolks of twenty Eggs
and put them in a frying pan with a soft fire, stir them euer, & bruse
them with a Ladle, and the oyle that ascendeth of them, beeing an-
ointed on the inside of the gloues, will make them looke yellow.

To make Muske Sope. chap. 84.

Take strong lye made of Chalke, and sixe pound of stone chalke,
soure pound of Deere suet, and put them in the lie in an earthen pot,
and mingle it well, and keepe it the space of fortie dayes, and mingle
and stirre it thzee or foure times a day, till halfe be consumed, and to
that that remaineth seauen or eyght dayes after, you must put a
quarter of an ounce of muske, and when you haue done so, you must
also stirre it, and it will smell of muske.

To make redde sealing Waxe. chap. 85.

Take to one pound of Ware thzee ounces of cleare Turpentine
in Sommer, in winter take foure : melt them together with a soft
fire : then take it from the fire and let it coole, then put in Vermilion
very finely ground, and Sallet oyle of each an ounce, and mixe the
well together, and it is perfect good.

To keepe Damasins in sirrope. chap. 86.

Take Damasins, and pick them well with a knife or pinne, then
take clarified Sugar, as much as you thinke will serue, and then you
must boyle it till it bee as thicke as birdlyme. Then boyle your

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Damasins in the clarified Sugar till they be soft : then take them vp, and put them in a glasse : then you must boyle the Sirrope, til it be as thicke as the other was, befoze you put in the Damasins, and as soone as it is so thicke, you must powze it into the Damasins, and so couer them close.

A water for the face, vsed of Gentlewomen.
chap. 87.

Take Goates milke two pound, fine flower halfe a pecke, the whites of three Egges, and make it from paste to little lous, and bake it, but not too much : then take moze of the said Goates milke, and crumme of the crummes of your breade into it, let it sleepe all night, & wipe your face with a dry cloth, and then walsh your face with the said milke, and in vsing this, it will make the face shine as white as snow.

Another to make the face faire.

Take the shearing of Scarlet foure ounces, the whites of two new layd Egges, white wine two pound, Rosemarie flowers, oz Rosemarie it selfe, and seeth it oz still it, but if you seeth it, scum it cleane, and when it is cold vse it, and it will make the skinne loke smooth.

Another to remooue high colour in
the face.

Lymons layd in Buttermilke, is an excellent meanes to remooue high cullour in the face.

A water for heate in the face, and breaking out
with pimples. chap. 88.

Take Allum glasse two pound, the iuyce of Plantin, Purslan, Hieriuyce, of each halfe a pound, the white of twentie Egges, beate them and mire them, and distill them : which water destroyeth chafings, heates, pimples, wheales and scurfes, whatsoeuer they be.

To know whether a woman shall euer conceaue
or no. chap. 89.

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Take the Ruine of a Hare, and hauing frayed and consumed it in hote water, gise it the woman to drinke in the morning at her breakfast, and let her stand in a hot Bath: and if there come a grasse or paine in her belly, shee may conceiue, if not, shee shall neuer conceiue.

To make a barren woman beare children.

chap. 90.

Take of those little Sea-fishes, called in Latine Polipi, or Polipodes, and rost them vpon the Embers without Oyle, and let the woman eate of them, and it shall profit and helpe very much, hauing in the meane time the company of a man.

To make a woman haue a quicke and speedy deliuerance of her children, without paine, or at least very little.

chap. 91.

Take leaues of Bittony and stampe them, or else make powder of them, and gise the woman that laboureth to drinke of it with a little water, and she shall be deliuered incontinent, without any great paine or labour.

To stop the running of the Raines fise seuerall wayes.

chap. 92.

Take Venice Turpentine washt in red Rose-water, scoure ounces, a Putmeg, Plantine seade, a yellow Amber bead, of each a like, with like quantity of Sinamon, and powder of Comfrey roots, which being mingled, role of the Turpentine in the powder, and make it into fine Pills as big as a beane, and take them in a sponne with sirrope of Rubarb, thre in the morning, and thre two houres befoze supper, and it will helpe it.

Another for the running of the raines.

Take Putmegges halfe a pound, and bruse them in a morter, and kneade them in dough and bake them, which bread is very healthfull.

Another speciall way approoued.

Take Hazel-nuts, well pilled or blanched two handfull, Sink-field and knotted grasse, of each a handfull, scoure Camphire leaues: stampe the hearbs, and strayne out the iuice into two pound of Mus-

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cadel : then beat the Put kernels as small as you can, and put them in : Also take an Amber beade, & beate it to powder very fine, which being put in the wine to the rest, stir them altogether a good while : then seeth it untill it come to a pound and a little more, and drinke the one halfe in the morning, and the other at night, making a very light supper.

Another for the same.

Pip and Clarie fryed with the yolkes of thre or foure Eggs, and taken euery morning, is very good.

To strengthen the seede. chap. 92.

Take Succorie, Endiue, Plantin, Violet flowers and the leaues, Clarie, Sozrell, of each halfe a handfull, with a peece of Button, make a good bzoath, and to eate it euening and morning is especiall good.

For the gnawing in a womans stomach. chap. 93.

Take a good handfull of Speermint, and a handfull of Worme, wood, and heat a tile-stone, and lay these two things on it, and make a little bag, and when the hearbs be hote put them in the bagge, and so lay them to her stomach.

For an Ague in a womans breast. chap. 94.

Take Hemlocke leaues, and fry them in sweet butter, & as hote as she may suffer it, lay it to her breast, and lay a warme white cot-ten, and it will drine them away in short space.

For breastes that be sore with milke.
chap. 95.

Take Linseed Oyle and ware, melt them, and wet a rag therein, and lay it to the breast warme, which will dry with the milke.

For a sore breast. chap. 96.

Take beane flower two handfull, bzanne, powder of Fengerick, of each a handfull, white Vineger a pound, thre sponesful of honey, and thre yolkes of Egges, seeth all till it be thick, and lay it warme to the breast, which will both bzeake it and heale it, alwaies crushing out the matter when you shift it.

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To keepe a womans breast from breaking.

chap. 97.

Take Sage, Marigolds with the blacke seede, and the sharpest nettles, of each halfe a handfull, bzuise them together, and lay it to, which will keepe it from breaking.

For the breasts broken or not.

Take oyle of Roses, beane flower, and the yolke of an Egge with a little Vinegre, set it on the fire till it be luke warme, then with a feather annoynt the place.

For the vnnaturall heate of the liuer. chap. 98.

Take Bozage, Buglosse, Succozie, Violets, Fumitory, young Hop-buds, Fennel buddes, of each a quarter of a handfull: young Gallowes, and Percurie, of each halfe a handfull, boyle these in a pottle of Whey, and straine them.

For the Canker in the mouth.

chap. 99.

Take halfe a pint of Ale, and a spizig of Rosemarie, & seeth them altogether, and scum your Ale, and then put in a peece of Allum, as much as a Put, and a spoonefull of honey, and two spoonefull of Honisuckle water.

To make the face faire, and the breath sweet.

chap. 100.

Take the flowers of Rosemary, and boyle them in white Wine, then wash your face with it, and vse it for a drinke, and so shall you make your face faire, and your breath sweet.

To make haire as yellow as gold. chap. 101.

Take the rine or scrapings of Rubarb, & keepe it in white wine, or in cleere lie, and after you haue washed your heade with it, you shal wet your haire with a sponge or some other cloth, and let them dry by the fire, or in the Sun. After this wet them and dry them againe, for the oftener they doe it, the fairer they will bec, without hurting your head any thing at all.

To driue away all venomous beastes from your

house. chap. 102.

Take Juniper, the seede of Agnus Castus, the Shelles of riner Creuises, Hartes horne, the greace or suet of a Bucke, Kerse or town Cresses, Drganie & bittany, make of all these drugs a dough or paste,

The Closet, or Treasurie,

paske. And when you will vse or occupy it, burne it, for whereas the smoke thereof goeth, the beasts will voyd away.

Against all poyson eaten or drunken.
chap. 103.

Having knowledge that any man is poysoned, the chiefe remedy is to make him vomite the poyson, in giuing him Oyle Olive lake warme to drinke alone, or mixt with warme water. And if you haue no oyle, giue him butter with hote water, or with the decoction of Linseedes, or the seede of Pettles, or of Semigrecum, and all these things purge the venome as well downward as upward. After hauing made him vomite diuers times, you must purge him with sharp Glitters downward. Then giue him water mixt with heny, and also old wine enough to drinke. But if you can get good Treacle or Methridate, they are the principallest against poysons, with Terra Sigillata, Acoyne shels, and giue it him in good wine. Let his meat be fat flesh of old Beasts, and fat Both especially of Hennes and fat fish, and let him not sleepe. And in continuing with this meanes, he shall be deliuered by the helpe of God.

To driue away Lyce. chap. 104.

Take Incence, and the Lard of a Barrow hogge, properly called Barrowes greace, boyle them together in an earthen pan or pot leaded, and with this oylment rub and annoynt the place where the Lyce be.

How to make a soueraigne water, that M. Doctor Steuens Phisition, a man of great knowledge and cunning did practise, and vsed of long experience: and there-with did very many cures, and kept it alwayes secret, till of late a little before his death, Doctor Parker, late

Archbishop of Canterbry, did get it in writing
of him. chap. 105.

The Receite.

Take a gallon of good Gascoine wine, then take Ginger, Calingale, Camomel, Sinamon, Nutmegs, Graines, Cloues, Pace, Aniseedes, of euery of them a dram. Then take Sage, Mint, red Roses, Lime, Pellitory of the wall, wilde Marigold, Rosemary,
Penny

of hidden Secrets.

Penny mountaine other wise called wilde Time, Camomill, Lavender, and Aueins, of euery of them one handfull : then beat the spices small and bzuise the hearbes, and put all into the wine, and let it stand twelue howres, stirring it diuers times. Then fill it in a Limbeck, and keepe the first pint of the water for it is the best : Then will come a second water, which is not so good as the first.

The sundry vertues and operations of the same,
many times approoued.

The vertues of these waters be these : it comforteth the spirites, and preferueth greatly the youth of man, and helpeth the inward diseases comining of cold, against shaking of Balsie : it cureth the contract of sinnewes, and helpeth conception of women that be barren, it killeth the wormes in the bellie. It helpeth the colde gonthe, it helpeth the Toothache, it comforteth the stomack very much, it cureth the cold dropisie, it helpeth the stone in the bladder, and in the raynes of the back : it cureth the Canker, it helpeth shortly a sinking breath. And who so bseth this water euer among, and not too oft, it preferueth him in good liking, and shall make one seeme young very long. You must take one sponefull of this water fasting, but once in seauen dayes, for it is very hote in operation. It preserved Doctor Stephens that hee liued foure scoze and eyghtene yeeres, wherof tenne yeeres he liued bedyed.

To make a water that taketh off all stayning, dying and spots from the hands of Artificers, that get them by working, and maketh them white and faire. It is good for them that be Sun-burned.
chap. 106.

Take the iuyce of a Lymon, with a little Bay salt, & wash your hands with it, and let them dry of themselves, washe them againe, and you shall finde all the spots and stayning gone. It is also verie good against the scurffe or scabbes.

To heale all manner of inflammation, and euill disposition of the ayre, leaperie faces, great swollen legs, or inflamed handes. Chap. 107.

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To heale all manner of inflammation, and euill disposition of the ayre, leaperie faces, great swollen legs, or inflamed handes. Chap. 107.

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Take flower, or Amillum made of Barley, which ye shall easily finde at the Apothecaries, and seeth it halfe an houre in comon water, then straine it, and put it into another newe potte that is cleane and neate, putting to it a few Yallowes, Succozie, Poppes, Cardue and Borage, and seeth all these together vntill it bee dissolved, and adde to it an ounce of Sandall, and then straine all, and take a linnen cloth, as much Cassia extracta as will goe into two nuts, and put it within the said linnen cloth with the Cassia, while the water is hote, pressing it so hard betweene your two fingers, that the substance of it may goe into the water, then put it to Sugar or Pennides, as much as you will. Of this drinke (which is of a very amiable sauour) you must take from day to day a little glasse full in the morning, lying in your bed with your breast vpward, then laying some linnen cloth vpon your stomacke, sleepe if you can, and take of it also after you be vp, and haue done your necessarie: the which doing, you shall finde your selfe very well healed in few dayes. But here note that this must be done in the Sommer, and not in the winter, and he that hath his stomacke very cold, may weare befoze his breast some peece of Scarlet, or other cloath, and sometime annoint his stomacke with an Oyle made for the weakencesse of it, the perfect composition whereof we will put heereafter.

A singuler oyntment which healeth all burning with fire, not leauing any skarre where it hath beene.
chap. 108.

Take the white of two egges, two ounces of Tutina Alexandrina, two ounces of quick Lime, washed in nine waters, an ounce of newe Malt, with as much Oyle Rolet, as shall suffise, and make thereof an oyntment, which yee shall finde very good for this that we haue spoken of.

To draw an arrow head or other yron out of a wound.
chap. 109.

Take the iayce of Galerian, in which ye shall wet a tent, and put it into the wounde, laying the saide Hearbe stamped vpon it, then make your binding or band as it appertaineth, & by this means you

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you shall draw out the yron. And after heale the wound according as it shall require.

For him that hath a bunch on his head, or that hath his head swolne with a fall. chap. 110.

Take an ounce of Bay salt, rawe honey three ounces, Cummin three ounces, Turpentine two ounces, intermingle all this wel vpon the fire, then lay it abroade vpon a linnen cloth, and make ther of plaisters, the which you shall lay hote to his head, and it will altogether allwage the swelling, and heale him cleane and neat.

To know what time in the yeere hearbes and flowers should be gathered in their full strength.
chap. 111.

Medicines are made diuers and sundry wayes, some by leaues, some by seedes, some by rootes, some by hearbes, some by flowers, and some by fruites. Such leaues as are put in medicines, should be gathered when they be at their full waxing, ere that their cullour be changed, or that they fade any thing.

Seedes when they bee full ripe, and the moystnesse somewhat dryed away.

Flowers should be taken when they be fullie open, ere they beginne to fade.

Hearbes should be gathered when they be full of sap, and ere they shrink.

Rootes should be gathered when the leaues fall.

Fruitcs should be taken when that they be at their full growth, or when they fall, and the heauier fruite is, the better, and those that be great and light in ponderation, choose not them, and those that be gathered in faire weather, be better then those that be gathered in raine. And those hearbes that growe in the fieldes, are better then those that growe in Townes and gardens, and those that growe on hillcs in the fieldes are best for medicines, for commonly they be lesse, and not so fat, and haue more vertue.

Many hearbes there be that haue speciall time to bee gathered in: and if they be gathered in that time, they haue theyr full vertue, to
their

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their proprietie, or els not so good. Some doe helpe whensoever they be gathered, and some nought if they be gathered out of time: there fore marke well what I teach thee.

Bittanie should be gathered principally in Lammas month, with the seed and the rootes, and without any Iron toole, and it must bee dyed in the shadow, for medicines it may be gathered other times, but euermore it is the better if it be gotten without iron, and it must be gathered before the Sunne rising.

Swinesgrasse may be gathered when it pleaseth you, in time of neede.

Cammonill should be gathered in Aprill.

Bellitorie should be gathered in June, before the Sunrising.

Red Docke should be gathered when they need bailie.

Longbeefe must be gathered in June and July.

Pentwort must be gathered in the beginning of winter.

Germander should be gathered in Lammas month.

Dragant should be gathered in June and Julie.

Columbine in Lammas month.

Addertoonge must be gathered in Aprill.

Pedellion when thou wilt.

Crownkill alway after midday.

Wallwort, when it pleaseth you, without yron.

Violet should be gathered in the month of March, and in the month should Violets be put into Sugar, and to sirrope.

Roses should be gathered in Aprill, or May, and of them should be made Sugar-Roset in sirrope of Roses, and in the same moneth should oyle be made of Cammonill.

Rosemary flowers should be gathered in May.

Sentoze when it beginneth to flower.

Drganum in the month of June.

Solsequi should be gathered the sixteenth day of August, before the Sunrising, without yron.

Harts-toong should be gathered before day in Nouember.

Aristolagia should be gathered the same time.

Garlick may be taken when you need for medicines.

Wilbe Garlick should be gathered when it floweth.

Courdes should be gathered in the end of September, when they be

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be ripe, and dried where the Sunne may be all day.

Wilde Sep berries should be gathered when they ware yellow.

Cucumber should be gathered when the fruite is ripe, and the fruite should be layde vnder Vines, where the Sunne may not haue all his strength on it in a moist place, that it may rot, so; then the seed shall be good, and full of kernels.

Citrull when the fruite is ripe, and dyed in a drie place in the Sunne.

Calamint should be gathered when it slowzeth, and dry it in the shadow, and it will last a yere.

Saffron should be gathered afore the Sunne arise.

Odour, that groweth among flaxe, should be gathered when hee beginneth to flower, and it may be kept thre yere.

Cleber should be gathered in harvest time.

Fennell seedes should be gathered in the beginning of Haruest, and two yere they may be kept.

The rootes of Fennell should be gathered in the beginning of the yere, and two yeres they are good.

Waldemong, that some men call Gentian, should be gathered in the last end of the yere, and foure yeres it is good enough.

The roote of this hearbe is vsed, and how thou shalt know him, is this, that he be very bitter, the lesse bitter the worse.

Also, loke that it be white, whole, and not hollow within, but sad, and not brittle, nor full of powder.

Calingale is called in Physicke Typus : it may be taken at all times when you will, but best it is in the end of Aier : and thre daies it must be laid in the Sunne, and so be dried, that the moisture rot it not, and then you must keepe it in the shadow.

Flowerdeluce should be gathered in the end of Aier, and dried in the Sunne, and it will last two yeres well.

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Heere followeth the sundry vertues of Roses, for diuers Medicines. chap. 112.

Roses be colde and moyst in two degrés : It hath these vertues, stampe it, and lay it to a soze that burneth and aketh, and it shal cease both the burning and the aking.

Also, it is good for the ffeauer in the stomacke, and against all euils that are gendred in hote humors.

Also, let any woman drinke it with wine, and it shal forthwith cause her to restraine bleeding, & helpe the marrowes of the wombe.

Also, make oyle of Roses, and that is a principall receit for prickling in sinewes, and the water thereof is good for soze eyes, and for hote euils, and the oyle is good for head ache to annoynt there-with the temples, and the roote of him is good, to drawe soozth yron or othér things in a mans foote, and the redde Rose is much better then the white.

The sundry vertues of Lillyes.
chap. 113.

Lillies are cold and dry in the third degree, and so saith Galen, that who so seetheth the leaues in water, it is a noble plaister for sinewes that are thoptned, and it is good for all maner of burnings and scaldings.

Also, when the leaues and the rootes are sodden in olde wine, and tempered by with honey, it is a profitable plaister for sicknesse that are staruen. Also the water & the iuyce is good for to walsh thy brisfers, and to doe away the freckles on mans visage or womans : and the roote is good to ripe therewith botches, and for to breake them.

Of the sundry vertues of Milfoyle.
chap. 114.

Milfoyle is hote and dry in the second degré, it is good to stanche the bloodie fire, and the iuyce thereof healeth the biting of a redde hound : and if it be sod in redde wine, drinke it, & it slaieth woymes in the wombe, and it softeneth hardnes in a mans wombe, and helpeth the Jaundise and dyspsie.

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And take the hearbe and stampe it, and temper it with vineger, and it will doe away blood in woundes, and it will cease the toothache when it is chewed fasting. Also it is good for the stinging of an Adder when it is sodden in wine, drinke it, and lay the substance thereto, and it will draw the venome out of the soze.

The sundry vertues of Rosemarie. chap. 115.

Rosemarie is hote and drie: take the flowers thereof and put them in a cleane cloth, and boyle them in faire cleane water, untill halfe be wasted, and coole it, and drinke that water, for it is much worth against all manner of euils in the body.

Also, take the flowers and make powder thereof, and binde it to the right arme in a linnen cloth, and it shall make thee light and merry.

Also eate the flowers with honey fasting, with some bread, or els with other bread, and there shall arise in thee no euill swelling.

Also, take the flowers, and put them in thy chest among thy cloths or among thy bookes, and mothes shall not destroy them.

Also, boyle the flowers in Goates milke, and then let them stand all night vnder the ayre conered, and after that giue him to drinke thereof that hath the Tisick, and he shall be holpen.

Also, if there bee any man that is rammage, take the flowers, and leaues a great quantitie, and boyle them together in a good quantitie of cleane water, in that Patient Balneat, and it shall heale him.

Also, boyle the leaues in white wine, and wash thy face therewith and thy beard, and thy browes, and there shall no cozne spring out, but thou shalt haue a faire face.

Also, put the leaues vnder thy bed, and thou shalt be deliuered of all euill dreames.

Also breake the leaues to powder, and lay them on the Canker, and it shall kill it.

Also, take the leaues, and put them in a wine vessell, and it shall keepe the wine from all soluzenes and euil sauours, and if thou wilt sell thy wine, thou shalt haue good speede.

Also, if thou be scable with vnkinde sweate, boyle the leaues in cleane

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cleane water, and wash thy head therewith, and thou shalt be delivered from that euill.

Also, if thou hast lost appetite of eating, boile well these leaues in cleane water, and when the water is cold, put thereunto as much of white wine, and then make therein sops, eate thou thereof well, and thou shalt restore thy appetite againe.

Also, if thou haue the Fluxe, boile the leaues in strong Cyzil, and lay them on a linnen cloath, and bind it to thy wombe, and anon the Fluxe shall be withdralone.

Also, if thy legs be blowne with the Scut, boile the leaues in water, and then take the leaues and bind them in a linnen cloath, and wind it about thy legs, and it shall doe thee much good.

Also, take the leaues, and boile them in strong Cyzell, and bind them to thy stomach in a cloath, and it shall deliver thee of all euils.

Also, if thou haue the cough, by stirring or by any other way, drinke the water of the leaues, boiled in white wine, and ye shall be whole.

Take poulder of the rind of Rosemary, and drinke it, and if thou be in the poxe, thou shalt be delivered.

Also, take the timber thereof, and burne it to coales, and make a poulder thereof, and then put it in a linnen cloath, and rub thy teeth therewith, and if there be any woymes therein, it shall slay them, and keepe thy teeth from all euils.

Also, of the wood make a boyll to smell thereof, and it shall keepe thee youngly.

Also, make thereof a barrell, and drinke thou of the drinke that standeth therein, and thou needest not be dead of any euill beeing therein, and if thou set it in the field, or in thy Garden, keepe it honestly, and it shall bring forth much encreasing of it selfe.

And if a man haue lost his smelling of the ayre, that hee may not draw his breath, make a fire of the wood, and bake his bread therewith, and eate it, and it shall keepe him well.

Also, a man that hath the Cout, take oyle of Roses, and the yolke of an Egge, and the flowers of Rosemary, and meble them together, and doe it to his soze, and he shall be holpen.

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For to make a speciall soueraigne water, which is of three cullours, and it is called the Mother of all waters, which is very excellent to cure the Canker, the pocks or Leprosie, or any other kinde of superfluous humors, or any sore old or new, and it is thus made.

Chap. 116.

Take Turpentine foure pound, of Frankinsence, Mastick, of either two ounces, Aloowes, Spaticke, Date stones, Labdanum, Castoreum, reotes of Detany, reotes of Enula Campana, of each two ounces, distill the in a Limbeck of glasse, with a soft fire. The first water is cleere: the second water is yellow, and swimmeth about the other: the third water is reddish, like Saffron, and when it beginneth to be redde and thicke like honney, then beginneth the third water. The first water burneth like a candle, the second water curdeth like milke, and if you put one droppe of the third water into a cuppe of drinke, it goeth presentlie to the bottome, and there will it lie an howres space, and then mount vp to the toppe, as true Bawme doth, and with this water if you wash your face twice a day and chiefly your Rosethills, it cureth the reume discending from the bzaine, and clarifieth the sight. And if you wet a linnen cloth in this water, and lay it to any soze legge or arme that hath dead flesh, it will clense it, and dzine away the ache within fure howres space, and it consumeth all Apostumes, Ulcers, Fistules, Pustules, Emoraldes, and healeth all greene wounds. And if ye tie a linnen cloth therein, and make it fure fold, and lay it to the noddle of your necke, it healeth the pallsie: and so likewise it cureth the Colic, or any sinnew that is dzawne together therewith, bath it thre or foure times together warme.

The water that is of the cullour of blood, is of such vertue, that if a leappous man or woman vse therof fiftene dayes together, halfe a spoonfull euery day, he shall be healed.

The first water is of such vertue, that if it be put in a fresh wound, it healeth it in foure and twentie houres, if it be not mortall.

And it healeth al kind of Cankers, Creepes, Noli me tangere, with in fiftene dayes, if you wash them with the said water euerie third

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day and if you make rags of cloath, and dip it in the same water, and lay it vpon a plague soze, and drop one drop therein, and it mortifieth the malignity thereof, and that shortly. And if you drop one droppe in the eye that hath a Pearle, or is halfe blind, it wil recover it in eight dayes without any paines: and if you drinke a spoonefull of it with white wine, it will recover the Strangurie or disflure within five howzes, and breaketh the stone within two howzes, whether it be in the reines, or in the bladder. The water that hath the cullour of blood is most precious, it comforteth the weake member, and preserveth the body from all diseases, and purifieth rotten blood, and healeth all diseases of the Gilt, and keepeth away the Gout, and causeth good digestion, it purgeth cold and rotten bloode, and putteth away ill humors, & healeth all agues. This water must be vsed from the month of Nouember, to the month of Aprill, and you must take but halfe a spoonefull at once, noz oftener then once a weeke.

The manner to make this water, y^e must haue a glasse a cubite high, and fill it with Aqua vite made with Wine, and stoppe it well, then put it in horse dung, so that it be not moyst, noz too wette, least the glasse break, and you must leaue the necke of the glasse without in the ayze, that glasse thzough the heate of the dung will boile soze, so that the water will ascend to the necke of the same, and descend againe to the bottome thzough the ayze, and so let it stand thirty daies, then take out the glasse, and put these things following in the water, and stoppe the mouth that it breathe not out, and so leaue it in eyght dayes.

Last of all, put the glasse in Balneo Marie with sand, setting on a head with a reccauer, well stopped, and make a soft fire, and gather the first water that drops cleere, but when you see the seconde Water turne into redde cullour, change the Receiuer, for then be ginneth the second water to come, & that will keepe well in a glasse well stopped.

The spices that goe to this water, bee these, with the hearbes, Cardonum, Cloues, Nutmegs, Ginger, Galingale, Zetonire, Pepper, Spikenard, Laurell berries, Smallage seedes, Bugwort seedes, Fennell seedes, Annis seedes, flowers of Basill, Elderne flowers, redde Roses and white, Lignum Aloes, Cucibes, Cardanum, Calamus Aromaticus, Maces, Germander, Frankincense, Turmentill, Juniper, Egrimony, Sentoze, Sumitolie, Peimpernell,

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nell, Dandelion, Cusfrage, Endiue, seedes of Boyrell, yellow Sanders, Fetherfoe, Aloes, Epaticke, of each two ounces, Rubarb, two Drammes, dry figges, Raisins, Dates without stones, sweete Almonds, of each two ounces, Aqua vite to the quantitie of them all, that is, for one pound of Engredience, foure pounde of Sugar, two pound of honey. This water is called the mother of all waters.

A perfect way to cure the loathsome disease of the French pockes, paines in the ioyntes, lameness of limmes, paleness of cullour, loathsome scabbes, or any other filthy disease proceeding of superfluous or euill humors, as also to assuage ouer grosse and foggie fatte bellies, and that without danger.

Chap. 117.

First, it is needefull to prouide for the sicke bodie a close & cleane Chamber, out of all grosse ayre, and cleane warme garments both for bodie and legges, and at rising and going to bedde, a fire of Charcoales, for woode is not so wholesome for smoaking: also, they must not be troubled with any thing to bring them out of patience, for that corrupteth the blood, which must be new altered: also the sicke bodie must eate but little meat, and that kinde of meate as shall beere after be prescribed, and at such time as shall be appointed, and let the sicke body vse playing on instruments, or heare some playing, or tell merry tales, and let him haue no companie of any woman, for that is a most dangerous poyson for the health of any person in that case.

Secondly, you must prepare two brasse pottes or else yron, one beeing foure gallons, the other sixe gallons, one for strong drinke, the other for small drinke.

Also, you must haue close couers to them of brasse or yron, you must also prepare certaine good earthen vessels, with close couers, to keepe your drinke in, of both sortes by themselves. Moreover, you must haue a Strayner of a Searce-cloth, to straine your drinke after it is decoct, Instruments to take out deade fleshe, and to

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search a soze, and a syzing to cleanse any soze beeing deepe, with the same dzink. Also you must haue a wooden vessell to bathe the sicke body in, at such times as hereafter shal be appoynted. Also you must prepare cleane cloathes, to dry the sicke body after a sweate, beeing warmed well first: other instruments you shall neede none, but onlie your wood scraped small oz turned, and the barke of the wood pounded in a moztar, and the dzugs also smal, and your water which you shall decoct, the same must bee of a good Conduit oz running bzooke, verie cleane without anie kinde of filth. Chalke water is good.

Thirde, for your strong dzinke, yee must take your pot of foure gallons, and set it on a fire of coales, with foure gallons of the faire running water, then put into the same one pound and a halfe of your wood, small raped, oz turned at the Turners, but when you doe buy your wood, see it be not old, and lacke moisture: thys tryall is best: Take a little coale burning, and lay it on the blocke befoze it be raped, and if it be good, it will boyle vp on euery side of the coale like Spirrhe: Then put thereto an ounce oz a little moze of the barke of the same wood made in small powder, the take a quarter of a pound of Cummin seeds put whole into the same, and one halfe quarter of an ounce of Radix, and Rubarb, and then stop your pot fast, and lay paste about the couer, and so fast that no ayze come out, then seth it on a soft fire, but euer keepe it boyling, and let it boyle at the least eyght houres, then set it by, and vnstop it not untill it be colde, then take your Searce, and straine it into a faire earthen pot, and couer it close. The sicke bodie must dzinke of this but one dzaght Lukewarme, in the moztning, and one other at night.

Fourthly, you must take your pot of fire gallons, and put in it fire gallons of running water, and one pound of the wood raped, and a quarter of Cummin seedes, and decoct it in all kinde of thing euen as the other, being close stopped, and when it is colde straine it into an earthen vessell oz vessels, & that must the partie dzinke at meale, and at other times when he list to dzinke, and spare not, but dzawe it by.

Fiftly, the sicke body must be kept very warme, and not rise out of bed befoze eight of the clock, and then eate a dozen oz twenty Reins of the Sun, and no bzead, but a dzaght of strong dzink warme, and

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and about eleuen of the clock, let the sicke body eate a little meat, as may suffice nature, and what meate, it shal be hereafter shewd, then let the sicke body walke some whiles in his chamber, or reade some booke, or play on instruments, to keepe him from sleeping: then at sixe of the clock at night, a dozen of Raisins of the Sunne, and nothing else but a draught of strong drinke warmed.

Sixtly, giue to the Patient to eate, these meates following, Chickin, Partridge, Pheasant, Hen, Capon, Rabbet, Conny, Teale, Putton, and none other, nor any salt, nor leauened bread, nor Rie bread, and very sildome roasted, but boiled in water, and no Broth nor Porredge, nor any kind of sauce: if the sicke body haue roast, let it be but euery third meale, and no kind of fish, milke, or fruites, Raisins excepted.

Seauenthy, once in thre dayes, for the first nine dayes in the morning let the sicke body drinke a good draught of the strong drinke somewhat warme, and then lay very many cloathes on him, till hee sweat, for the space of two houres: then ease some of the cloathes, and haue warmed linnen cloathes, and rub all the body dry ere he rise if he haue any sores that be deepe, wash the soze with strong drinke, and with a searce, and dip a little cloath in the strong drinke, and lay it to the soze, whether it be soze or knobs.

Eighty, after nine or ten dayes be past, once in thre dayes let the sick body be bathed on this sort. Set faire running water on the fire, and put thereto a great deale of ground Ivy leaues, and red Sage, and Fennel also, and by a good fire when the sicke body is going to bed, put the water and hearbs into a vessell of wood, and let the sicke body stand vpight in it by the fire, and take vp the hearbs, and rub the body of the sick Patient down wards, & then dry him with warme cloathes: vse this thre weeks, and by the grace of God the sick body shall be made whole, whatsoeuer hee be: then if the party be very weake, after nine or ten of the first dayes, let him eate euery day at foure of the clock in the after none a new laid egge poached in faire water, and as much new bread as wil suffice nature, & a little cleane wine. Use this dyet with good regard, as befoze is prescribed, and (by the grace of God) they shal be perfectly cured of those diseases aboue mentioned.

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The manner to make another kind of dyet drinke of stronger operation, for the same diseases, which by the practise onely of one man, hath done very great good, as well in the City of London, as in diuers partes of the Realme.

Chap. 118.

Take of the best Quaium, most heauy, and full of Gum, foure pound, let it be well ras'd with a Rafe, or turned into fine chips by a Turner, and of the same barks two pound : of Cardus benedictus, which is called the blessed Thistle, halfe a pound, of Haydenhaire, Cetrach, the flowers of wild and Garden Buglosse, Ana one pound, swete Cassia, five ounces, Anis seeds one ounce and a halfe, white Sugar five pound, cast all these into a wine vessell cleane and apt for the same purpose, vpon which poure of the cleaneest and best white Wine that may bee got, in quantity one hundred and fifty pound, couer this vessell thre dayes, then straine it through an haire cloath : then keepe it in a cleane vessell for the Patient at dinner and supper, but not to drinke it in the morning or euening. Besides, the drinking of this Quaium at Dinner and Supper the Patient may betwene the times, as one houre before or after Dinner or Supper, drinke foure or five ounces. Also your asozesayde Accites may be put in cleane new white wine or Claret wine, being fined and made in the prescribed manner.

Furthermore, the Patient that hath the Pox, Dropsie, or Cout, may drinke among, this woorthy medicine following, the dosse or quantity is two ounces or more, according to the age and complexion of the Patient.

Take Haydenhaire, cleane fresh Hops, Fumitory, Cetrach, called Asplenium, Sene of Alexand. of each thre drammes, great Centaury rootes, Liquorice, Polipody, wild and garden Buglosse, each foure ounces, Anis seeds, Nigella Romana, the flowers of Buglosse, the thre Saunders, Sinamon, each five ounces, put this into 24. pound of the Quaium water, sodden after the description in the Compounds following : then put it in a close vessell, and stoppe the mouth, and when that is done, set the said vessell in another seething kettle, vpon the fire, so let it stand and seeth for twenty houre
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and softly, then straine it, and keepe it in a cleane close vessell for the vse aforesaid. But if the Patient be full of humors, then doe thus: take Sene Alexand. two pound, Succa Rosarum solatia, five pound, white Sugar seauen pound, Rubarbe elected three ounces, finely cut, Turbit of the best one ounce, put these in a cleane stone pot with a narrow mouth: poure into this pot xxiiij. pound of the common Guaiacum water, made in manner in the compounds following: stop your pots mouth, seeth it in the foresayd manner, vpon a soft fire 24. houres, untill it come to a thin sirrope, called Zelup, then straine it, and keepe this pprecious purging drinke for moynings, the Dosse one ounce and a halfe, according to the age, complexion, and strength: the Patient must also eate bread three ounces, well baked like Bisket, and the flesh of Chicken, Hen, Capon, Partridge, Feasant, small birds of the wood roasted expell sodden meates: and if the common drinke be too strong, then the Patient may poure therevnto some small cleane Wine, or Beere: Let the Patient be merry kept in a faire cleane chamber, with swete perfumes, not much feeding, but little and fine, with cleane warme apparell, and a fire with Charcoales, eschewing Aenery, Wines, fish, grosse flesh, portage, and white meates: care, anger, cold, much heate: and by Gods helpe ye shall haue ppresent remedy, whether it be for the Pore, or to cleanse the regnes, or for them that be ouer fat or foggy people, full of grosse humors, gotten with ease and feeding, and to rebate & asswage their foggines without hurt, but rather renew them (as it were) and make them seeme young. It helpeth also the Gout, Droisie, Sciatica, Canker, and Limpany, and many other loathsome diseases, that procede from ouer great abundance of grosse humors, also for extreame paine in the ioynts.

The manner to choose the best Guaiacum or
Lignum vitæ.

Chap. 119.

OF this wood Guaiacum, there are three kinds: the first is blacke within, in the heart pale culloured, hauing in it russet lynes, very hard and heauie. The other blacke within, but white without, hauing very small lines, is hard and heauy, and not so great as the first, The third is all right white within and without, hauing very small lines, and the heart of this wood is best, the arme of the

The Closet, or Treasurie,

tree is better then the body, the boughes nêrer the fruite haue the moze vertue, warmnesse, and bzinesse, then the lower parts of the tree, which are moze grosser, and moze earthly of nature, and the moze vntuous the wood is, it is the better, the sap is not so good as the hart, neyther the barke as good as the sap. But the white wood is swêete, and most excellent in operation, and is Lignum sanctum, the holy wood. The barke of the straight young branches or boughs, being heauy and white, moyst, and without lines, hard compacted, be the best barks for the Pore. All these woods called Guciaci, haue a Rozin, or matter like Benjamin, or pleasant Gum within the wood, which is the spirit or liuely helping humour in decoction for the Pore, in the sinewes, vaines, muskles, head, hands, fete, and the bones: No sicknesse is so sharpe and cruell to nature, but this precious wood will both quickly and gently assuage the paine & græfe of the same, if it be ministred accordingly in decoction, namely, to them, who eyther the Pore hath tormented, or else the Goute with intollerable græfe.

A most certaine and approoued remedy against all manner of pestilence or plague, be it neuer so vehement.

Chap. 120.

TAKE an Onion, and cut him onerthwart, then make a little hole in each pæce, the which you shall fill with fine Treakle, and set the pæces together againe, as they were befoze: after this, wrap them in a wet linnen cloath, putting it to roast, couered in the embers or ashes: and when it is roasted enough, presse out all the iuice of it, and give the Patient to drinke thereof a spoonfull, immediatly he shall feele himselfe better, and shall without faile be healed.

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To make a sirrope of Vineger, good for many things.

Chap. 121.

Take Sharpe Vineger a pounce and a halfe. Sugar two pounce and a halfe, boyle it till it be a sirrope. It will digest chollic, Melancholie, and fleame: It will make grosse humors thinn: openeth obstructions, prouoketh vyne, expelleth naughtie humors: is good against all pestilent feauers, cooleth and quencheth thirst, & keepes the bodie loose.

To comfort the heart, and take away Melancholie.

Chap. 122.

Take the iuyce of Bozage foure pounce, the flowers of Bozage halfe a pounce: let these stande infused in hote embers foureteene howres, then being strained and clarified, put too of good Sugar two pound, and boile it to a sirrope.

A sirrope to cleanse the breast and the lunges, the Cough, and the Plurisie.

Chap. 123.

Take Liquorise small sized and bruised, an ounce, Maidenhaire halfe an ounce, Hyssope, two drammes, water two pounce, let these lie mixt foure and twentie howres, then boyle it till the thirde part be consumed, then straine it, and put into the same of good honey, of Sugar pennet, and white Sugar, of each foure ounces, and Rose water, three ounces.

For spetting eyther of Lights or Lunges.

Chap. 124.

Take the iuyce of Purslane and Plantaine, of each an ounce, redde Cozrall a dram, and Bloodstone halfe a dram fine powdered, mixt together, vse it.

The Closet, or Treasure,

For Wormes in young children. chap. 125.

Take Lupines, and make flower of them, which kneaded with honey, lay it to the stomack of the child.

For the swelling of the Cods. chap. 126.

Take Rue Stamp, lay it to the grained place, and thou shalt haue present remedie.

For him that cannot hold his water. chap. 127.

Take the small end of Oken leaues, & seeth them in Claret wine, being well beaten, lay it as hote as may be suffered vpon the yard in a plaister fashion.

For the head-ache. chap. 128.

Take the iurce of Pariozum, and put it into the Nosethills, and it will helpe you.

For grieve of the stomacke. chap. 129.

Take Gallicke, Cloues, Nutmegs, of each a dram, Pace and Sinamon of each halfe a dramme fine powdered: then take the bottom of a browne loafe toasted and dipt in Palmesey, strawing of the said powder vpon it, lay it to the stomacke, and it is a present remedie.

For the Itch. chap. 130.

Take vnwrought Ware, fresh Butter, Rose Vineger, red Rose water, Hymsione finely beaten, and Cloues all boyled together, make an oyntment and vse it.

A Gargill for a sore throate. chap. 131.

Take white Wine, conduit water, of each a pound, rock Allum, halfe an ounce, two spoonefuls of honey, boyle all to a pounce and a halfe, and vse it thre or foure times a day.

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A water for scabbies, Vicers, and Fushes.
chap. 132.

Take Plantine water halfe a pounce, water of Oranges foure ounces, Sublimate powder, an ounce, put all in a double glasse, or some other good vessell, and let it boyle with a gentle fire, a quarter of an howze, and take it off, and keepe it in a cleane vessell, which vse thye or foure sundry times, and it shall heale them.

To make a water to take out all spots of cloth of golde, and veluet: chap. 132.

Take rawe redde Arsenicke, Martem Cudum, of each of them a like quantitie, and when they be well brayed, poure some faire water vpon them, and then putting the hearbe Cinkefoyle to it, seeth it vnto the halfe, and then let it coole, and set it in the sun two howzes; then wash your cloath in it, and let it dry in the Sunne.

To take spottes of grease and oyle out of all sorts of cloth, white, or other.
chap. 134.

Take the water that Bease haue bene sodde in, and keepe your cloath where the spotte is in it, and then wash it in cleane riuer water, and dry it in the Sunne.

To take all manner of spots out of silke.
chap. 135.

Take the iuyce of great and round Musthroms of a sharpe taste, wet the spots in it the space of two howzes, and then wash them with cleere water, and then let them dry.

To take spots out of cloth. chap. 136.

Take rold lie, and lecs of white Warte, made a little hote, and mire them well together. But you must take heede they be not too hote, and wash your cloth.

The Closet, or Treasurie,

A soueraine remedie for the Cough.

Chap. 137.

Take Bizimstone beaten in powder halfe an ounce, and put it in a newe layd Egge soft rosted, mingle it well together: then put to it Benjamin the bignesse of a Zitch Pease, lightly stamped, and drinke it in the morning at your breakfast: & Take as much againe at night when you goe to bed, and you shall be whole at the seconde or thirde time. But if y^e cough haue holden you long, you must take it so much the oftener.

To keepe your Poultry from destroying with Weasels.

Chap. 138.

Rub your Poultry with the iuyce of Rue or Pearbe-grace, and the Weasels shall doe them no hurt. If they eate the Lungs of a fox, the Foxes will not eate them.

A brieft Treatise of Vrines, as well of mens Vrines as of womens: to iudge by the cullours, which betokeneth health, which sicknes, and which death. Chap. 139.

It is shewed, that in foure parts of the bodie dwelleth sickness and health, that is in the wombe, in the head, in the liuer, and in the bladder. In what manner thou maist know their properties, & thereof thou maist learne.

If a mans vyine be white at morrow, and red before meate, and white after meate, he is whole. And if it be fatte and thicke, it is not good: and if the vyine be meanelly thicke, it is good to like. And if it be thicke as Asse-pisse, it betokeneth head-ache.

Urine that is two dayes red, and the third day white, betokeneth verie health.

Urine that is fat, white, & moist, betokeneth the feauer quartaine.

Urine that is bloodie, betokeneth that the bladder is hurt, by some rotting that is within.

A little Urine all fleshy betokeneth of the Keynes, who pisseth blood without sickness, hath some veyne broken in the reynes.

Urine that is ponderous, betokeneth that the bladder is hurt.

Urine that is somewhat bloody of sickness, betokeneth great euill within the body, and namely in the bladder.

Urine that falleth by droppes aboue, as it were great bolnes, betokeneth

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betokeneth great sickness and long.

Womens Urine that is cleare and shining in the Urinall as silver, if thee cast oft, and if she haue no talent to meate, it betokeneth she is with child.

Womens Urine that is strong and white with stinking, betokeneth sickness in the reins, and in her secret receits, in her chambers full of euill humors, and of sickness of her selfe.

Womens Urine that is bloody, and cleare as water vnder, betokeneth head-ach.

Womens Urine that is like to golde, cleare and mighty, betokeneth that she hath lust to man.

Womens Urine that hath cullour of stable-cleansing, betokeneth her to haue the feauer quartaine, and she to die the third day.

Womens Urine that appeareth as cullour of Lead, if she be with child, betokeneth that it is dead within her.

Hereafter followeth all the Vrines that betoken death, as well the vrine of the man, as of the woman. chap. 140.

In a whole Aris, one part red, another black, another graine, and another blew, betokeneth death.

Urine in whole Aris, black and little in quantity, fatty and stinking, it betokeneth death.

Urine covered ouer all as lead, betokeneth a prolonging of death.

Urine that shineth raw and right bright, if the skinne in the bottome shine not, it betokeneth death.

Urine thin in substance, hauing flaking aboue, as it were a darke Skie, signifieth of death.

Urine darkly stinking, and darke, with a darke Skie within, betokeneth a prolonging of death.

Urine that is of the cullour of water, if it haue a darke Skie in an Aris, it betokeneth death.

Urine that hath dzeases in the bottome medled with blood, it betokeneth death.

Urine black and thick, if the sick loath when he goeth to the Pissie, and when he speaketh ouerthwart, or that he vnderstandeth not aright, & if these sicknesses goe not from him, they betoken death.

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